

GRILLED CHICKEN & BLUEBERRY SALAD – SPA-INSPIRED

Wild blueberries used to grow in abundance here on the property and were part of many a recipe over the decades. The use of Maine Wild Blueberries continues today in spa treatments and in our chef's cuisine. This recipe combines the nutrition of grilled chicken and the powerful antioxidants in blueberries in a spa-inspired, light and lovely salad.

SHOPPING LIST

Salad

- 1 cup julienned bell peppers
(red and yellow)
- ½ cup julienned red onion
- ½ cup fresh Maine blueberries
- 1 cup grapefruit segments
- 1 tablespoon finely chopped cilantro
- 1 grilled pre-cooked chicken breast,
julienned
- 2 8-inch flour tortillas, cut into strips

Dressing

- 1 cup chopped pineapple
- ½ ounce honey
- 1 ounce tahini
- 1 tablespoon Chinese five-spice
- 1 teaspoon nutmeg
- 2 tablespoons sriacha *(red chili paste)*
- 2 tablespoons Dijon mustard
- 20 ounces orange juice
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 350 °F.
2. Roast the peppers and onions for 12 minutes until soft.
3. Roast the pineapple for 12 minutes or until caramelized.
4. Combine peppers, onions, blueberries, grapefruit, cilantro and chicken.
5. Roast the tortilla strips 6 to 8 minutes until crispy.
6. For the dressing: combine all the dressing list of ingredients in a blender and blend until smooth.
7. Add ½ cup dressing to the salad and toss well.
8. Garnish with the toasted tortilla strips.

Serves 2

