

2022 Spencer County High School Junior Chef Recipe

Spencer County Junior Chefs

Grilled Chicken Salad

Ingredients:

- 1 ½ lbs. Boneless, skinless Chicken Breast**
- Olive Oil Non-stick Cooking Spray**
- 12 cups Romaine Lettuce, torn into ¼" pieces**
- 1 cup Bell Pepper, seeded and diced**
- 1 cup Red Bell Pepper, seeded and diced**
- 3 cups Cherry Tomatoes, sliced in half**
- 1 cup Carrots, diced**
- 1 cup Cucumber, scored, seeded, quartered, and sliced**
- ½ cup Red Onion, diced**
- 1 ½ cup shredded Cheddar Cheese**
- 1 Recipe Ranch Dressing (*see below*)**
- 1 Recipe French Bread Croutons (*see below*)**

Directions:

- 1. Place Chicken Breasts on cutting board and slice across each breast, cutting chicken into at least 24 slices.**
- 2. Spray the surface of a large skillet with cooking spray and place over medium high heat. Add half of the sliced chicken and saute until chicken is no longer pink, and internal temperature has reached 165 on kitchen thermometer. Remove chicken to covered dish to keep warm. Wipe pan with paper towels or cloth; repeat the cooking process with remaining chicken.**
- 3. In a large bowl, combine the lettuce, bell peppers, cherry tomatoes, carrots, and cucumber. Mix ingredients until well combined.**
- 4. Divide the mixture evenly onto 6 serving plates. Sprinkle ¼ cup shredded Cheddar Cheese atop the lettuce mixture.**
- 5. Divide the Chicken among the salad plates, using 4 slices for each serving.**
- 6. Divide the Croutons evenly, and scatter over each salad.**
- 7. Drizzle Ranch Dressing over each salad and offer any remaining dressing in 2oz. portion cups.**

French Bread Croutons:

Ingredients: **½ loaf French bread**
 1 ½ Tbsp Salted Butter, melted
 1 ½ Tbsp Olive Oil
 1/3 tsp Garlic Powder
 1/3 tsp Salt

Directions:

1. Preheat oven to 350 degrees.
2. Cube French Bread.
3. Combine bread with melted butter, olive oil, garlic powder and salt.
4. Spread bread cubes evenly on parchment covered sheet pan and back for 10-12 minutes. Remove from pan to paper towels to cool.

Ranch Dressing:

Ingredients: **¾ cup 2% Milk**
 6 Tbsp reduced fat Mayonnaise
 ½ tsp Lemon Juice
 4 Tbsp Fresh Chives, minced
 1 Tbsp Fresh Dill, minced
 Salt & Pepper to taste

Directions:

1. Whisk together the 2% Milk, lemon juice, reduced fat mayonnaise, and salt/pepper if using.
2. Gently fold in the fresh dill and fresh chives.
3. Cover and chill until ready to use.