Grilled Cajun Chicken Salad

Grilled Cajun Chicken Salad from the original efishinsea.net site from 2004!



SERVINGS 4 servings

Ingredients

For seasoning

- **2 teaspoons** salt
- **1/2 teaspoon** garlic powder
- **1/2 teaspoon** onion powder
- **1/2 teaspoon** dried thyme
- **1/2 teaspoon** dried oregano
- **1/2 teaspoon** ground black pepper
- **1/2 teaspoon** paprika
- **1/2 teaspoon** cayenne pepper

For salad dressing

- **1 3/4 cups** buttermilk
- **1/2 cup** mayonnaise
- **2 tablespoons** chopped green onion
- **2 tablespoons** chopped fresh parsley
- **1 tablespoon** apple cider vinegar
- **1** garlic clove (minced)
- **1/2 teaspoon** grated lemon peel
- **1 1/2 pounds** skinless boneless chicken breast halves
- **1 5- ounce** package mixed baby greens

- **1/2 cup** pecans (toasted)
- **1/4 cup** raisins
- **4/5 cup** chocolate chips

Method

Make seasoning

1. Mix all ingredients in small bowl to blend.

Make salad dressing

1. Whisk 3/4 cup buttermilk, mayonnaise, chopped green onion, chopped fresh parsley, apple cider vinegar, garlic, lemon peel, and 1 1/2 teaspoons seasoning mixture in medium bowl until well blended. Season dressing to taste with salt and pepper. (Can be prepared 1 day ahead. Store remaining seasoning at room temperature. Cover and refrigerate dressing.) Rub remaining seasoning mixture onto chicken. Place chicken in medium bowl. Pour remaining 1 cup buttermilk over chicken, turning to coat. Refrigerate at least 30 minutes and up to 3 hours, turning occasionally.
2. Prepare barbecue (medium-high heat). Remove chicken breasts from buttermilk, shaking off excess. Grill chicken until just cooked through, about 5 minutes per side. Transfer chicken to cutting board and let rest 5 minutes.
3. Combine mixed greens, pecans, and raisins in large bowl. Toss with enough dressing to coat. Season salad with salt and pepper. Divide salad among 4 plates. Cut chicken on sharp diagonal into 1/2-inch-thick slices. Arrange atop salads and serve.

Notes

> Makes 4 servings.
> Bon Appétit July 2001