

Smokey, Glazed Chicken Breast

with organic greens and citrus/shallot vinaigrette

Citrus Vinaigrette:

1 large shallot, minced
1 t dijon mustard
2 tablespoons wine vinaigre
3/4 cup freshly squeezed citrus (oranges, lemons, limes)
3-4 oz extra-virgin olive oil
salt and pepper

Glaze:

1 cup orange juice, reduced by at least three fourths
1 T finely minced chipotles in adobo (see note)
1 large clove garlic, peeled and halved
1 T good balsamic vinaigre
2 t dijon mustard
a splash of shoyu or tamari

6-8 chicken breasts

organic greens containing at least some more substantial lettuces and endives - well picked over

Shaved cheese (optional)

First, produce the vinaigrette:

Macerate minced shallot in citrus juices and wine vinaigre for about thirty minutes. Whisk in oil and mustard, then season.

Make the glaze:

Whisk together all ingredients.

Cook the chicken:

Trim the chicken, lightly oil and season with salt.
Mark on a grill or briefly cook on a moderately hot pan.
Brush glaze on both sides of breasts and arrange on a flat pan.
Roast in a 400° oven until just done (juices run clear – internal temperature at the thickest point is 160°) Avoid drying them out.

Assemble the dish:

Toss greens with dressing, correct the seasoning and portion out onto plates
Slice chicken across the grain and place on greens
Garnish with cheese if desired

Note - Canned chipotle chiles are a flavorful staple in my kitchen. They can be found in the Mexican or Hispanic section of larger grocery stores. Look for the ones with little or no sugar.