

Grilled Chicken Paillard with Green Salad
(serves 4)

4 4oz. chicken cutlets
2 tsp. olive oil
4 C mixed green salad, chopped
1/2 C grape tomatoes cut in half
1/4 C thin sliced red onion
2 T lemon segments
2 T lemon juice
2 T white balsamic vinegar (or regular balsamic)
1 T minced shallot
4 T olive oil
S and P to taste

1. Place one cutlet between two sheets of plastic wrap and pound with a meat tenderizer (or side of knife) until thin or about 1/8 in thick. Repeat for remaining cutlets.
2. Season chicken and drizzle with olive oil, grill or broil on each side until cooked through (approximately 2 minutes each side).
3. Whisk lemon juice, vinegar, shallot, and remaining olive oil together, TASTE.
4. Place chicken on base of plate, top with lettuce, red onion, lemon segments and tomato. Drizzle with vinaigrette and serve.