



Pear and Fennel Salad with Poached Chicken Breast

Recipe Courtesy Chef Bryan Woolley

4 poached chicken breast halves, sliced
4 ripe pears, peeled and sliced
2 fennel bulbs, sliced
4 Roma tomatoes, seeded, and sliced
2 cups spinach

Dressing:

¼ cup blood orange vinegar
2 tbsp extra virgin olive oil
1 tsp sugar or Splenda™
1 tsp dried basil
Salt and pepper to taste

1. Toss together the pears, fennel, and tomatoes. Set aside until ready to use.
2. Divide the spinach between four chilled plates.
3. When ready to serve, toss pear salad with blood orange vinaigrette.
4. Divide pear salad and place on top of the spinach.
5. Serve with the sliced chicken breast to the side.

Poaching the Chicken Breasts

2 cups chicken stock
1 cup white wine
1 bouquet garni
 1 bay leaf
 3 sprigs thyme
 4 large sprigs parsley
 4 inch piece of celery with leaves
 4 inch piece of the green part of the leek (can use green onion)

1. Bring poaching liquid to a simmer.
2. Wrap the bouquet garni in some cheesecloth and place into the poaching liquid.
3. Place the chicken breasts into the poaching liquid and poach until the chicken breasts are completely cooked.

Serves 4

Nutrition Facts

Serving Size – ¼ salad with one 4-oz sliced chicken breast
Calories 360
Total Fat 9g
Saturated Fat 1.5g
Cholesterol 70mg
Sodium 160mg
Carbohydrate 40g
Dietary Fiber 10g
Sugars 20g
Protein 31g

Diabetic Exchanges

Protein 4
Carbohydrates 3
Fat 2