

# CHICKEN & PEAR SALAD ON ARUGULA

With rice wine vinaigrette

Serves 12

## Ingredients

**6 - 8 oz. chicken breasts**

**4 - fresh D'Anjou pears, sliced**

**2 lbs. of fresh arugula**

**1 cup of roasted walnuts**

**1/4 cup of extra virgin olive oil**

**1 tablespoon of minced garlic**

**1 tablespoon of minced shallots**

**1 teaspoon of granulated sugar**

**Salt & White Pepper, to taste**



## Preparation

Pan sear chicken breasts in 2 tablespoons of olive oil, season with salt & white pepper. Slice the cooked breasts then refrigerate for 4 hours, next slice the fresh pears and place aside. In a medium mixing bowl place the garlic, shallots, sugar, and rice wine vinegar. Slowly whisk in the olive oil until the mixture is nicely emulsified, season with salt and white pepper. Place arugula, walnuts, and sliced pears in a salad bowl and toss with the rice wine vinaigrette. Fan the sliced chicken breasts on top of the greens, and serve.