

Featuring Tennessee Gourmet® Products

© 2005

Chicken & Artichoke Salad

28 oz chicken breast, lean, cooked, and chopped into bite-sized pieces
6 oz mushrooms, sliced
3 1/2 oz sun-dried tomatoes
1 bunch rocket leaves (Roquette), other lettuce can be used, but this one has a wonderful peppery taste
1/2 cup Tennessee Gourmet® Salad Dressing Plus, Sensual
13 1/4 oz canned artichokes in brine, drained
1/4 cup fresh basil, chopped (.5 oz)
1 medium red onion (4 oz), cut into thin rings

Place the artichokes, onion, mushrooms, tomatoes, basil and salad dressing in a bowl. Cover with plastic film and refrigerate for at least 45 minutes.

Add chicken and toss salad mixture. Arrange rocket leaves on each plate and serve the chicken mixture.