



*This beautiful salad was the perfect choice for my sister's bridal luncheon. Its' delicious blend of flavors and ease of preparation make it ideal for entertaining or for a warm summer dinner!*

Serves 4



# Raspberry Chicken Salad

- 4 tablespoons vegetable oil
- 2 large onions, thinly sliced
- 4 medium chicken breasts
- 1/4 cup white vinegar
- 3/4 cup fresh-squeezed or Tropicana 100% orange juice
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 3 medium oranges, peeled and sectioned
- 12 oz. spinach or lettuce
- 1 bunch of radishes, sliced
- 1 cup raspberries (fresh or frozen), sliced\*
- 3 tablespoons honey

\*You may substitute strawberries for the raspberries.

Heat 1 tablespoon of the oil in a large skillet. Cook onions till browned (about 10-20 minutes). Remove and place on a separate plate. Add chicken to pan. Brown on both sides over medium-high heat. Add vinegar, orange juice, salt and pepper. Bring to a boil and reduce heat. Cover and simmer for about 15 minutes, until chicken is tender and done, with the juices running clear.

Peel and section oranges into bite-size pieces. Toss gently in a bowl with lettuce, radishes and berries. Serve evenly on four plates.

Transfer chicken to a separate cutting surface. Bring juices to a full boil, and add the rest of the oil and the honey. Stir with a whisk. Cook down for about 5 minutes, until thickened. Cut chicken breasts into 1/4 inch strips and carefully transfer as one piece to each of the four plates. Top salads with onions and drizzle with boiled down dressing.