

Our State eats

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Roasted Chicken & Blueberry Salad with Orange Vinaigrette

Yield: 4 servings.

1 roasted chicken, deboned, skin removed

Vinaigrette:

- ¼ cup balsamic vinegar
- 2 tablespoons light brown sugar
- ¼ teaspoon Dijon mustard
- 1 (11-ounce) can mandarin oranges, drained
- ¼ cup canola oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Salad:

- 8 cups fresh baby spinach, stems removed
- 1 cup fresh blueberries
- ½ cup slivered almonds, toasted
- 1 cup crumbled goat cheese
- 8 fresh mint or basil leaves



Shred or slice roasted chicken and place in a mixing bowl. Set aside.

Place vinegar, brown sugar, Dijon mustard, and mandarin oranges into a blender or food processor. Blend together for 1 minute. Slowly add oil and continue to blend on low speed for 1 minute. Add salt and pepper and blend for 10 seconds. Pour half of the vinaigrette over chicken and place in refrigerator until ready to serve. Save the remaining vinaigrette for salad dressing.

Place spinach leaves in a large serving bowl or on individual salad plates. Top with chicken, blueberries, almonds, and goat cheese. Chop mint or basil leaves just before serving and place atop salad. Drizzle reserved vinaigrette over salad if desired.

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