



Maple Glazed Chicken and Wild Blueberry Salad

Ingredients:

1 1/2 cups (375 ml) frozen wild blueberries
7 tbsp (105 ml) oil
2 tbsp (30 ml) sugar
1/2 cup (125 ml) red wine vinegar
Juice of 1/2 lemon
Salt
Pepper
1/4 cup (60 ml) sunflower seeds
1 tbsp (15 ml) medium-hot mustard
3 tbsp (45 ml) maple syrup
4 chicken filets (approx. 6 oz each)
150 g (5-6 oz) romaine lettuce
225 g (8 oz) tomatoes
1 avocado (approx. 7 oz)
1/2 cucumber (approx. 8-9 oz)



Preparation:

Preheat oven to 150°C (300° F). To make the dressing, defrost 1/2 cup wild blueberries. Mix with 5 tbsp oil, sugar, scant 1/4 cup vinegar and lemon juice. Season with salt and pepper. Set aside.

In a small pan, toast the sunflower seeds without oil, stirring as they roast. Remove from pan and cool.

In a small pot, combine the remaining vinegar, 1 cup wild blueberries, mustard and maple syrup. Simmer glaze on low heat for approx. 10 minutes. In meantime, wash chicken, pat dry and season with salt and pepper. Heat 2 tbsp oil in a pan. Sauté chicken at high heat for about 5 minutes, stirring as it cooks. Pour glaze on top and bake for about 10 minutes until done. While baking, wash and spin lettuce; tear into pieces. Wash and slice tomatoes, peppers and cucumbers. Cut avocado lengthwise, remove skin and pit, and slice into thin pieces.

Remove chicken from the oven and slice. Toss salad with dressing and transfer to deep serving bowls. Arrange the chicken and sunflower seeds on top; serve rest of the dressing on the side.

Preparation time: 50 minutes

Servings: 4

Nutritional value per serving:

Calories: 530; Protein: 34 g; Fat: 31 g; Carbohydrates: 25 g

Recipe to be used in association with or credited to the Wild Blueberry Association of North America (www.wildblueberryassociation.ca). For additional recipes, visuals and information or to arrange an interview or in-studio segment, please contact Susan Willemsen or Ruth Colapinto at The Siren Group Inc. Tel: (416) 461-5270. Email: susan@thesirengroup.com or ruth@thesirengroup.com. Visit www.thesirengroup.com or on Twitter, Facebook and Instagram @thesirengroup.