

Cajun Grilled Chicken & Corn Salad

Submitted by: Mary Kempton, Atlanta, GA



4 to 6 Servings

- 4 **Pilgrim's Pride** boneless skinless split chicken breasts
- Olive oil
- 2 tablespoons plus 1/2-teaspoon Cajun seasoning, divided
- 3 ears fresh yellow corn, husked
- 3 tablespoons butter
- 1 cup whole pecans
- 1/4 cup granulated sugar
- 3 tablespoons Sherry wine vinegar
- 1 tablespoon Rice vinegar
- 1 tablespoon cumin seeds
- 1/2 clove garlic
- 3/4 tablespoon Dijon mustard
- 3/4 cup olive oil
- 8 ounces baby arugula (or other salad greens)
- 1 pint cherry tomatoes, halved
- 1 small red onion, thinly sliced

Place grill racks 4 to 6 inches from heat source and lightly coat with oil or cooking spray. Preheat grill to medium heat.

Place chicken breasts in medium dish. Add 2 tablespoons olive oil and 2 tablespoons Cajun seasoning. Toss to coat; set aside. Brush corn with olive oil to lightly coat. Place chicken and corn on preheated grill. Cook chicken 5 to 7 minutes per side or until done and temperature is 160°F on meat thermometer. Remove to plate and keep warm. Grill corn, turning frequently, until brown spots begin to form, about 10 minutes. Remove to plate, cool, then cut corn from cob. Set aside.

Place butter in small skillet and heat until melted. Add pecans. Cook and stir until toasted, about 4 minutes. Remove to small bowl. In separate bowl, combine sugar and remaining 1/2-teaspoon Cajun seasoning. Add pecans, toss to coat; set aside to cool.

Combine vinegars and 1 tablespoon water in small bowl; set aside. Place cumin seeds in small skillet over high heat. Stir and cook cumin about one minute until toasted and lightly browned. Remove from heat and stir in vinegar mixture; cool slightly. Place garlic in food processor or blender and mince. Stop processor. Add vinegar mixture and Dijon, pulsing to combine. With food processor running, gradually add 3/4-cup olive oil through feed tube, blending dressing until smooth. Set aside.

Place arugula in large salad bowl. Add tomatoes, onion, and corn. Slice chicken diagonally into thin strips and add to salad. Drizzle with dressing and toss to combine. Divide among salad plates or bowls and garnish with sugared pecans.

