



2150 Ambassador Drive | Windsor, Ontario | N9C 3R4 | 519.969.1919 | www.williamsfoodequipment.com

Fall Flavors Entrée Salad

Serves 2-4

Looking to break free from heavy dishes without sacrificing warm fall flavors? We have the perfect solution! This salad boasts a medley of autumn ingredients — smoky bacon and savory chicken pair with bitter arugula, aromatic fennel, and tangy goat cheese -- is palate pleasing!

Fall Entrée Salad Ingredients:

2 chicken breasts
2 tablespoons olive oil
Kosher salt and pepper
(on both sides of chicken breast)
4 slices bacon
(reserve 3 tablespoons of rendered bacon grease for dressing)
5 ounces arugula
1 bulb fennel,
shaved finely with a mandoline
1 apple, sliced
3 green onions, sliced
4 ounces goat cheese, crumbled
4 tablespoons roasted pumpkin seeds

Warm Bacon Apple Cider

Vinaigrette Ingredients:

2 tablespoons apple cider vinegar
1 tablespoon olive oil
3 tablespoons bacon grease
1-1/4 tablespoons honey
2 tablespoons whole Dijon mustard
1 clove garlic, minced
Salt and pepper, to taste

Directions:

1. In a large skillet, pan fry the chicken breasts in olive oil, sprinkle both sides well with salt and pepper. Flip while cooking and cook until the largest part of the breast reaches 165 degrees F. Remove the chicken from the pan, and let rest for 5 minutes, then cut into 1/2-inch slices.
2. Remove the chicken, and then fry the bacon in the same skillet. Fry the bacon until crispy, then remove the bacon, and let it cool on a paper towel-lined plate. After the bacon cools, cut into small pieces. Reserve 3 tablespoons of the bacon grease for the dressing.
3. Whisk together the apple cider vinegar, olive oil, 3 tablespoons of reserved bacon grease, honey, Dijon mustard, garlic, and salt and pepper.
4. Shave the fennel into thin slices with a mandoline. Slice the apple and green onions.
5. Dress the arugula, fennel, and green onions with the dressing. Place greens in individual bowls.
6. Layer the salads with the chicken slices, bacon, apple, goat cheese, and roasted pumpkin seeds.