

## Three Cheese and Grilled Chicken Arugula Salad

*This salad is a spinoff of the famous grilled chicken wrap of Branda's Italian Grille in Budd Lake, NJ.*

### Ingredients:

2 7 oz. packages arugula  
2 boneless skinless chicken breasts  
4 red bell peppers, roasted and cut into strips  
1 lbs fresh mozzarella, sliced into strips  
1 cup crumbed fromage blanc  
½ cup crumbled goat cheese  
Balsamic vinaigrette

To roast the peppers, cook on a grill over high heat (or over a gas stovetop burner), turning frequently as the skin blisters. When all sides are blistered, remove from the heat and place into a paper bag to steam. Once the peppers are cool enough to handle, carefully remove the skins and seeds with your hands. Do not do this under running water, as you will lose all the wonderful juices. This step should be done ahead of time; the peppers will keep in a sealed container in the fridge for a few days.

This salad tastes best with hot chicken fresh from the grill, so cut/crumble/wash the other ingredients and have them handy before you cook the chicken. Preheat a grill. As the grill is heating, combine the arugula, peppers, and cheeses and bowl. Place to one side. To prepare the chicken, place the breasts between two pieces of plastic wrap on a sturdy work surface. Working from the middle of the breast to the edges, gently pound them with a meat hammer or wood mallet until about  $\frac{3}{8}$  inch thick. Season with salt and pepper, and then grill for about 2 minutes on each side, until an internal temperature of 165°F is reached. Cut the chicken into  $\frac{1}{2}$  inch thick strip, add them to the bowl of salad ingredients, and toss with enough balsamic vinaigrette to just coat everything. Enjoy!