



Pecan Crusted Chicken Salad



Ingredients:

Chicken:

		<u>Ben E. Keith</u>	<u>Approx.</u>
		<u>Item Number</u>	<u>Food Cost</u>
	Vegetable oil for frying		
4 oz.	Chicken Breast (sliced) Tyson Product	487393	\$0.62
	Salt and freshly ground black pepper		
1 Cup	All-Purpose Flour	688009	\$0.05
2	Eggs, beaten with a splash of milk or water	250010	\$0.10
1 Cup	Plain bread crumbs	771122	\$0.10
1 Cup	Pecans (processed in food processor to finely chop)	795227	\$0.30
½ Tsp.	McCormick nutmeg, freshly grated or ground	774125	\$0.10
1	Orange, zested	031111	\$0.25
Dressing:			
¼ Cup	Maple Syrup	793010	\$0.24
¼ Cup	Tangy BBQ sauce	660780	\$0.40
1	Navel Orange, juiced	031111	\$0.00
¼ Cup	Extra-Virgin Olive Oil	779349	\$0.47
4 oz.	Markon Chopped Romaine	126052	\$0.35
6	Radishes, thinly sliced	182193	\$0.15
6	Markon iceless green onions, cleaned & chopped	150105	\$0.10
	Salt and freshly ground black pepper		

Total Cost of Chicken/Salad: \$2.12
 Dressing (each serving): \$0.27
 Selling Price: \$6.99
 Food Cost: 34%

Directions:

Heat 1 ½ to 2 inches of oil over medium high heat. Season chicken tenders with salt & pepper. Set out three shallow dishes. Place flour in 1 dish and eggs beaten with water or milk in a second dish. In third dish combine bread crumbs with ground pecans, nutmeg & orange zest. Coat tenders in batches in flour then egg, then bread crumbs mixture last. Fry tenders in small batches for 6 to 7 minutes. Drain tenders on paper towels.

Combine maple syrup, BBQ sauce & orange juice in a bowl. Whisk in oil and season with salt & pepper.(Makes 4 servings)

Combine romaine, radishes and green onions in a large salad bowl or on a serving platter. Toss with ¾ of the dressing. Season with salt & pepper to your taste. Top salad with pecan crusted chicken tenders and drizzle remaining dressing over top.

