

Salt and Serenity

Green Goddess Salad

Serves 4

Recipe for dressing from [Mandy's Gourmet Salads](#)

I like to poach the chicken breasts a day ahead and cool them in the poaching liquid in the fridge overnight. This gives you super moist chicken.

Poached Chicken Breasts

400 grams skinless boneless chicken breasts (about 2 large chicken breasts)

½ large yellow onion, peeled and cut into 2-inch chunks

1 large carrot, peeled and cut into 2-inch pieces

1 stalk celery, including leaves, cut into 2-inch pieces

2 sprigs parsley

5 whole peppercorns

1 teaspoon Diamond Crystal Kosher salt (or ½ teaspoon Morton's Kosher salt)

Spiced Pita Chips

4 pita pockets (white or whole wheat)

⅓ cup olive oil

¼ cup za'atar

1 Tablespoon sumac

1 teaspoon Diamond Crystal Kosher salt (or ½ teaspoon Morton's Kosher salt)

Green Goddess Dressing

2 Tablespoons coarsely chopped green onion (white part only, save the green part for sprinkling on the finished salad)

15 grams (¼ cup, packed) basil leaves

10 grams (½ cup, packed) Italian parsley leaves

2 grams (¼ cup, loosely packed) tarragon leaves

¼ cup apple cider vinegar

1 teaspoon Dijon mustard

½ cup olive oil

½ teaspoon Diamond Crystal Kosher salt (or ½ teaspoon Morton's Kosher salt)

¼ teaspoon freshly ground black pepper

6 large eggs

½ cup grape tomatoes, halved

¼ cup kalamata olives

1 avocado, peeled and diced

3 heads romaine hearts, washed and sliced

1 head frisée lettuce, washed and torn into small pieces

1 head radicchio, washed and cut into julienne

1. **Poach Chicken Breasts:** Place chicken breasts in medium saucepan and add water to cover. You want the water to be about 2 inches above the top of the chicken. Bring water to a boil. Reduce heat to a simmer and use a slotted spoon to skim the foam off the top.
2. Add remaining ingredients and simmer over low heat for about 20-30 minutes, until internal temperature of chicken (insert into center of breast) registers 120°F. Leave chicken breasts in liquid to cool in fridge for a few hours or overnight.
3. Once chicken breasts are cold, remove from liquid and slice.

4. **Make spiced pita chips:** Preheat oven to 350°F. Line 2 baking sheets with parchment paper and set aside. Split pita pockets. The easiest way to do this is to use a serrated knife. And go around the edge of each pita. Then, use your hands to gently separate the 2 halves.
5. Brush the inside of all the pitas halves with olive oil. In a small bowl, mix the za'atar, sumac and salt and sprinkle evenly over the oiled pita. Stack pita rounds and using a serrated knife, cut the stacks into 6 wedges. You will end up with 48 pita chips.
6. Spread pita chips out into a single layer on the 2 baking sheets. Bake for 5 minutes. Switch position of the trays and bake for a further 3-5 minutes, until pita triangles are golden brown.
7. **Make Dressing:** In a blender combine the chopped green onions, basil, parsley, tarragon, vinegar, and mustard. Process on medium-high speed until the herbs are finely chopped and the ingredients are well combined. You will need to stop the blender and scrape down the sides of the jar with a spatula.
8. With the blender running on low speed, slowly drizzle in olive oil until dressing is thickened and emulsified. This will take about 30 seconds. Add salt and pepper . Transfer dressing to a jar with a lid and refrigerate until ready to use. Dressing will keep in the fridge for about 5 days. Shake dressing before using.
9. **Cook eggs:** Bring a small saucepan of water to a boil. Gently lower eggs into water and boil for 7 minutes for jammy eggs, or 11 minutes for hard boiled eggs. While eggs are cooking, fill a large bowl with ice water. Transfer eggs to ice bath to chill. Remove from water bath and store cooked eggs in an airtight container in fridge for up to 5 days. Peel eggs before serving.
10. **Assembly:** Line a large platter with all the assorted chopped lettuces. Artistically arrange sliced chicken, halved eggs, diced avocado, olives, and tomatoes over the top of the lettuce. Drizzle with dressing. Serve with extra dressing on the side. Everyone can crumble the spiced pita chips over the top for crunch.