



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Chicken, Charred Tomato and Broccoli Salad

Prep Time: 20 mins

Cook Time: 25 mins

Rest Time: 10 mins

Total Time: 55 mins

Ingredients

- 1 1/2 pounds chicken, breast, boneless, skinless, trimmed, or 3 cups shredded cooked chicken breast (skip Step 1 if using prepared chicken)
- 4 cup(s) broccoli florets
- 1 1/2 pounds tomato(es), medium
- 3 2/3 tablespoon oil, olive, extra virgin, divided
- 1 teaspoon salt
- 1 teaspoon pepper, black ground, freshly ground
- 1/2 teaspoon chili powder
- 1/4 cup(s) lemon juice

Preparation

1. Place chicken in a skillet or saucepan and add enough water to cover; bring to a simmer over high heat. Cover, reduce heat and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer to a cutting board. When cool enough to handle, shred with two forks into bite-size pieces.
2. Bring a large pot of water to a boil, add broccoli and cook until tender, 3 to 5 minutes. Drain and rinse with cold water until cool.
2. Meanwhile, core tomatoes and cut in half crosswise. Gently squeeze out seeds and discard. Set the tomatoes cut-side down on paper towels to drain for about 5 minutes.
3. Place a large heavy skillet, such as cast-iron, over high heat until very hot. Brush the cut sides of the tomatoes with 1 teaspoon oil and place cut-side down in the pan. Cook until charred and beginning to soften, 4 to 5 minutes. Brush the tops lightly with another 1 teaspoon oil, turn and cook until the skin is charred, 1 to 2 minutes more. Transfer to a plate to cool. Do not clean the pan.
4. Heat the remaining 3 tablespoons oil in the pan over medium heat. Stir in salt, pepper and chili powder and cook, stirring constantly, until fragrant, about 45 seconds. Slowly pour in lemon juice (it may splatter), then remove the pan from the heat. Stir to scrape up any browned bits.
5. Coarsely chop the tomatoes and combine them in a large bowl with the shredded chicken, broccoli and the pan dressing; toss to coat.

