



## Grilled Vegetable and Chicken Platter

**PREP 15 min COOK 15 min SERVES 4**

- 1/2 batch thawed marinated chicken breasts (from Sunday prep)
- 1 bunch asparagus, trimmed
- 7 tbsp Longo's Extra Virgin Olive Oil, divided
- 1/2 tsp each salt and pepper, divided
- 1/2 batch grilled mushrooms and peppers (from Sunday prep)
- 6 grilled bok choy halves (from Sunday prep)
- 1/4 cup Longo's Cider or Signature White Balsamic Vinegar
- 2 tbsp soy sauce
- 2 large cloves garlic, minced
- 1/2 cup chopped Longo's Fresh Basil
- 1/4 cup chopped Longo's Fresh Mint

GRILL chicken on preheated oiled grill over medium-high heat for about 12 minutes, turning occasionally, or until no longer pink inside and meat thermometer registers 170°F.

TOSS asparagus with 1 tbsp oil and pinch of salt and pepper. Add to grill for 5 minutes or until tender crisp and charred lightly.

PLACE asparagus on platter and arrange with mushrooms, peppers and bok choy.

SLICE chicken and place over top of vegetables.

PURÉE remaining oil, salt, pepper, vinegar, soy sauce, garlic, basil and mint until smooth. Drizzle over top of salad to serve.

PER serving: 609 calories; 32 g protein; 50 g fat; 14 g carbohydrate; 5 g fibre; 6 g sugars; 1,356 mg sodium.



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