

Pecan Crusted Carolina Chicken Salad

6 boneless, skinless chicken breasts

1/2 cup honey

1/2 cup spicy brown mustard

1 cup ground pecans

1 tsp salt

Salad greens

Fresh fruit, sliced or chopped (apples, grapes, orange sections, etc)

Chopped nuts, pecans or walnuts

Raspberry Vinaigrette

Preheat oven to 350 degrees. Spray 9" x 13" baking dish with cooking spray; set aside.

In a shallow dish, combine honey and mustard; mix well.

In separate shallow bowl, combine pecans and salt; mix well.

Flatten breasts. Dip chicken in honey mixture; coat in pecan mixture. Place in prepared pan.

Bake 30 - 40 minutes or until chicken is done; slice.

Arrange greens, chicken, fruits and nuts on serving plates; top with vinaigrette.

Raspberry Vinaigrette: Place **1 (10 oz) jar seedless raspberry preserves** in microwavable bowl; microwave in 30 second intervals until melted. Whisk in **1/2 cup white wine vinegar** and **1/4 cup olive oil** until blended; let cool. Serve at room temperature; refrigerate any leftovers.