

Menu

Green Salad with Sherry Vinaigrette
Chicken Sausages with Sauteed Peppers
Grilled Chicken with Barbecue Sauce

Green Salad with Sherry Vinaigrette

¼ cup sherry vinegar
1 teaspoon Dijon
¾ cup extra virgin olive oil
Salt and pepper

2 heads leaf lettuce
2 tomatoes, diced
2 carrots, thinly sliced
1 yellow squash, quartered lengthwise and thinly sliced
8 small radishes, thinly sliced
4 ounces goat cheese

1. Add vinegar to mixing bowl. Mix in mustard; season with salt and pepper. Drizzle in oil, whisking constantly, until dressing is emulsified. Set aside.
2. Add the lettuce, tomatoes, carrots, squash and radishes to a large mixing bowl. Toss with enough dressing to coat the leaves. Season with salt and pepper.
3. Serve topped with goat cheese.

Chicken Sausages with Sauteed Peppers

2 tablespoons olive oil
1 large onion, sliced
2 large green peppers, sliced
2 large red pepper, sliced
2 tablespoons good quality balsamic vinegar
Salt and pepper

2 pounds chicken sausage
8 soft rolls, split

1. Add oil to a large skillet and bring to medium-low heat. Add onions and pepper and cook, stirring occasionally, until tender and browned, about 30 minutes. Turn off heat and add the vinegar. Season with salt and pepper.
2. Preheat grill. Divide the chicken into 8 pieces and form into patties. Grill, turning once, until internal temperature reaches 160 degrees. Serve on rolls topped with peppers.

Grilled Chicken with Barbecue Sauce

2 cups ketchup
½ cup molasses
1/3 cup bourbon
¼ cup Dijon mustard
3 tablespoons hot pepper sauce
2 tablespoons Worcestershire sauce
2 teaspoons smoked paprika

1 teaspoon garlic powder
1 teaspoon onion powder

2 large chicken breasts
2 tablespoons olive oil
Herb rub

1. Add first nine ingredients to a heavy large saucepan; bring to a simmer. Cook, uncovered, until sauce thickens and flavors blend, about 15 minutes.
2. Preheat grill. Brush chicken with oil and season with herb rub. Grill, turning once, until internal temperature reaches 160 degrees. Let rest five minutes. Serve with sauce.