

## BLACKENED CHICKEN SALAD

with CREAMY MUSTARD DRESSING

2 1/2 lbs boneless skinless chicken breasts  
1/8 cup sunflower oil  
1/3 cup Cajun blackening seasoning (recipe included)  
1 large carrot, grated  
half a red onion, minced  
3-to-4 scallions, sliced thinly and diagonally

for Cajun blackening seasoning:  
1/4 cup plus 1 tablespoon paprika  
1/8 cup dried thyme  
1/8 cup dried oregano  
1 tablespoon cumin powder  
1 tablespoon onion powder  
1/8 cup garlic powder  
1/8 cup dried sweet basil  
1 tablespoon freshly ground black pepper  
1 tablespoon freshly ground white pepper  
1 tablespoon cayenne pepper  
1/8 cup salt

for mustard dressing:  
3/4-to-1 cup mayonnaise  
2-to-4 tablespoons Dijon mustard  
2-to-4 tablespoons apple cider vinegar

If making blackening seasoning at home, combine all ingredients in a bowl and blend with a spoon or pulse in a food processor. Store covered, in a dark place, for up to 6 months. Makes about 1 1/4 cups.

Cook the chicken. Toss chicken with seasoning and oil. Heat a cast-iron skillet until very hot and sear the chicken breasts without moving them for 5 minutes on each side. Transfer pan to a 375F preheated oven and bake for about 10 minutes until cooked through and well browned. Chill chicken completely and slice into bite-size pieces.

Prepare the salad. Gently toss chicken, carrot, onion and scallions with enough mustard dressing until thoroughly mixed. Serves 6.

\* adapted from The Whole Foods Market Cookbook: A Guide to Natural Foods with 350 Recipes, by Steve Petusevsky and the Whole Foods Market Team Members, Potter/TenSpeed/Harmony, July 2010