

Grilled Chicken and Nectarine Salad

Ingredients

2/3 cup pecan halves

2 quarts salad greens (8 oz.), rinsed and crisped

1/4 cup vegetable oil

1/4 cup walnut oil (or more vegetable oil; see "Nut Oils on Salad," below)

1/4 cup white wine vinegar

4 boned chicken breast halves with skin (2 lb. total), rinsed, patted dry, and fat trimmed

Salt and pepper

2 firm-ripe nectarines (12 oz. total), rinsed, pitted, and thinly sliced

5 ounces fresh chèvre (goat cheese), crumbled

Preparation

1. Preheat oven to 350°. Spread pecans in a baking pan and bake until golden under skins, about 10 minutes. Let cool, then coarsely chop.

2. Mound salad greens on four dinner plates. In a small bowl, stir vegetable oil, walnut oil, and vinegar to blend. Set aside.

3. Sprinkle chicken with salt and pepper. Lay on a lightly oiled barbecue grill over a solid bed of medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds); close lid on gas grill. Cook chicken, turning occasionally, until meat is no longer pink in center of thickest part (cut to test), about 15 minutes total. Transfer chicken to a cutting board. Remove skin if desired. 4. Slice chicken across the grain 1/2 inch thick; arrange over greens. Tuck nectarine around chicken. Scatter goat cheese and pecans over the top. Stir dressing; pour over salads. Add salt and pepper to taste.

Broiled Tilapia with Tomato-Caper Salsa

Ingredients

1 cup chopped heirloom tomato

1/4 cup chopped fresh flat-leaf parsley

1 tablespoon capers, drained

1 tablespoon white wine vinegar

1/2 teaspoon anchovy paste

2 garlic cloves, minced

1 1/2 tablespoons extra virgin olive oil, divided

1/4 teaspoon salt, divided

1/4 teaspoon freshly ground black pepper, divided

4 (6-ounce) tilapia fillets

Cooking spray

Preparation

Preheat broiler.

Combine the first 6 ingredients in a medium bowl, and stir in 1 1/2 teaspoons oil, 1/8 teaspoon salt, and 1/8 teaspoon black pepper.

Brush fish with remaining 1 tablespoon oil; sprinkle with remaining 1/8 teaspoon salt and remaining 1/8 teaspoon pepper. Arrange fish in a single layer on a jelly-roll pan coated with cooking spray. Broil 4 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with salsa.