

## Chicken and Radicchio Salad

I could eat this salad for a century—or more, if the parsley that perches on every edge of my little raised bed garden was still growing well. It combines big chunks of chicken with leafy, colorful greens, preserved lemon, and a spunky vinaigrette, for a lunch that eats somewhere between a salad and a sandwich. If you prefer, throw in a handful of toasted walnuts and a little bleu cheese, and balance a hunk of good bread on the edge of your plate.

To use the preserved lemon, cut a whole one in half, then cut it in half again. (They're squishy in the center.) Using a small, sharp knife, cut the flesh of the quarter lemon away and discard. Then, with the peel flat on the cutting board, make cuts parallel to the cutting board to shave away any additional flesh and pith that remains on the peel, until only the yellow zest remains. That yellow zest is what you want sliced into thin strips for your salad.

Note that this is a recipe for one meal (in my stomach, anyway). Double or quadruple it as needed. For a crowd, you could plate the greens right around a roasted chicken, for something a little fancier.

Serves 1.

1 tablespoon finely chopped Mama Lil's Peppers (or similar spicy pickled peppers)  
1 tablespoon apple cider vinegar  
1 teaspoon Dijon mustard  
1/2 teaspoon sea salt  
2 tablespoons extra-virgin olive oil  
1 cup leftover cubed chicken (about one breast, cut into 3/4-inch cubes)  
1/2 small (1/3-pound) head radicchio, cut into 1-inch hunks  
1/4 cup Italian parsley leaves  
1/2 cup baby arugula  
Zested zest of 1/4 preserved lemon

In the bottom of a big bowl, whisk together the chopped peppers, vinegar, mustard, and salt. Whisk in the olive oil until blended, then add the remaining ingredients and toss until all the leaves are coated with the dressing. Serve immediately, right out of the bowl or piled onto a plate.