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Five-Spice Chicken and Orange Salad

- 6 Tsp oil, olive, extra-virgin, divided
- 1 Tsp five-spice powder
- 1 Tsp salt, Kosher, divided
- 1/2 Tsp pepper, black ground
- 1 Pounds chicken, breast, boneless, skinless, trimmed of fat
- 3 Medium oranges
- 12 Cups salad greens
- 1 Medium pepper, red, bell, cut into thin strips
- 1/2 Cup onion, red, slivered
- 3 Tbsp vinegar, cider
- 1 Tbsp mustard, Dijon-style

- 1) Preheat oven to 450° F. Combine 1 teaspoon oil, five-spice powder, 1/2 teaspoon salt and 1/2 teaspoon pepper in a small bowl. Rub the mixture into both sides of the chicken breasts.
- 2) Heat 1 teaspoon oil in a large ovenproof nonstick skillet over medium-high heat. Add chicken breasts; cook until browned on one side, 3 to 5 minutes. Turn them over and transfer the pan to the oven.
- 3) Roast until the chicken is just cooked through (an instant-read thermometer inserted into the center should read 165° F), 6 to 8 minutes. Transfer the chicken to a cutting board; let rest for 5 minutes.
- 4) Meanwhile, peel and segment two of the oranges (see Tip), collecting segments and any juice in a large bowl. (Discard membranes, pith and skin.) Add the greens, bell pepper and onion to the bowl.
- 5) Zest and juice the remaining orange. Place the zest and juice in a small bowl; whisk in vinegar, mustard, the remaining 4 teaspoons oil, remaining 1/2 teaspoon salt and freshly ground pepper to taste. Pour the dressing over the salad; toss to combine. Slice the chicken and serve on the salad.

Makes 4 Servings

