



## **Dilled Chicken and Potato Salad** (adapted from Gulf shore Delights, Junior League of Ft. Myers)

1 pound chicken tenders  
1 pound mini potatoes (I used fingerling)  
Salt and lemon pepper seasoning  
Cooking spray  
1 large red pepper, chopped  
1/3 cup sweet onion, chopped  
1/4 cup chopped fresh dill  
1/4 cup capers, rinsed and drained  
Coarse ground black pepper  
1 fresh avocado, sliced  
Mixed greens

Preheat oven to 400. Spray 2 baking sheets with cooking spray. Wash and dry mini potatoes and spread evenly on baking sheet. Spray potatoes lightly with cooking spray. Season chicken tenders well with salt and lemon pepper. Place on second baking sheet. Bake potatoes for 15 minutes or until soft when pierced with a fork. Remove from oven and cool. Place chicken tenders under broiler and broil for additional 5 minutes to give them a little color. Remove from oven and cool. Slice chicken into large 1 inch pieces.

Combine cooled chicken and potatoes with red pepper, onion, dill and capers. Season with coarse ground black pepper. Cover and refrigerate until very cold. Just before serving add dressing and taste for seasoning, adding salt and pepper as required. Serve on a bed of lettuce and garnish with fresh avocado slices. Makes 4 to 6 servings.

### **Dressing:**

1/3 cup red wine vinegar  
1-1/2 teaspoons sugar  
3 tablespoons Dijon mustard  
Salt and pepper to taste  
1 cup light olive oil

In food processor, combine red wine vinegar, sugar, Dijon, salt and pepper. With motor running slowly drizzle olive oil and mix until all ingredients are emulsified. Refrigerate to blend flavors.