

Betty's Parkette-Style Grilled Chicken Salad Recipe



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In this video, Betty demonstrates how to make a Parkette-Style Grilled Chicken Sandwich. We went to the Parkette Drive-In in Lexington, Kentucky for lunch, and one of the items we ordered was their Grilled Chicken Salad. It was delicious, so I have imitated their sandwich for you. The chicken is grilled, so that it is very healthy, and the rest of the salad is made of fresh vegetables.

Ingredients (for about 4 salads--vary the amounts, to taste);

- 1 1/2 pounds boneless, skinless uncooked chicken breast meat
- salt and ground black pepper, to taste
- extra virgin olive oil
- 1/2 head iceberg lettuce, shredded
- 1 pint cherry tomatoes, individually halved
- 1 bunch green onions
- 1 to 1 1/2 cups shredded sharp Cheddar cheese
- bottled salad dressing of your choice

Salt and pepper the uncooked chicken breasts, and then coat them with olive oil. Place on a hot grill. I used an electric kitchen grill. Check occasionally for doneness. When done, remove to a cutting board and let cool a bit. Meanwhile, shred your lettuce, and cut your cherry tomatoes in half. When your grilled chicken is cool enough, slice into small strips, slicing against the grain. Now, assemble your salad. In a salad bowl, place a generous amount of shredded lettuce in the bottom. Spoon in tomato halves, as desired. Use kitchen shears to slice green onion tops over the salad. Next, place grilled chicken strips on top, with a generous serving of shredded sharp Cheddar cheese over all. Serve with your favorite bottled salad dressing! Yummy and nutritious! I hope you like this one! --Betty :)