

This is a great light salad for the beginning of summer. We sometimes use the 10" pie plates as our dinner plates.

Spinach, Chicken, and Feta Salad

1 Medium-sized red pepper
1 Medium-sized yellow pepper
4 Large skinless, boneless chicken-breast halves (about 1-½ pounds)
Olive or salad oil
Salt
3 Tablespoons white wine vinegar
1 Teaspoon sugar
½ teaspoon coarsely ground black pepper
1 Bunch spinach (about ¾ pound)
¼ pound feta cheese

About 45 minutes before serving:

1. Cut red and yellow peppers into ¼-inch strips. Cut chicken-breast halves crosswise into 1-inch-thick strips.
2. In 12-inch skillet over medium-high heat, in 3 tablespoons hot olive or salad oil, cook pepper strips until tender and lightly browned, about 10 minutes. With slotted spoon, remove pepper strips to large bowl.
3. In hot oil remaining in skillet, cook chicken strips and ½ teaspoon salt until chicken is lightly browned and loses its pink color, about 10 minutes, stirring frequently. With slotted spoon, remove chicken to bowl with peppers.
4. Remove skillet from heat. To drippings remaining in skillet, add white wine vinegar, sugar, pepper, 2 tablespoons olive or salad oil, and ¾ teaspoon salt, stirring to loosen brown bits from bottom of skillet.
5. Trim tough ends from spinach. Add spinach and vinegar mixture to bowl with chicken; gently toss to mix. Finely crumble feta onto salad. Makes 4 main-dish servings.

Each serving is about 440 calories, 24 g fat, 123 mg cholesterol, 1135 mg.