Watercress and Baby Arugula with Chicken, Goat Cheese and Pecans\*  
This antioxidant rich salad tastes like a splurge meal.  
serves 8  
  
Ingredients  
1 cup pecans  
1/2 cup + 2 Tbsp olive oil  
to taste salt  
1/4 cup + 2 Tbsp sherry vinegar  
4 tsp dijon mustard  
1/2 tsp dried thyme  
1/2 tsp dried oregano  
to taste freshly ground black pepper  
1 cooked rotisserie chicken, warm or at room temperature  
9 cups loosely packed watercress, cut into 2- to 3-inch pieces  
6 cups fresh baby arugula  
3 cups torn fresh dandelion greens  
1/2 red onion, sliced lengthwise into very thin strips  
1 cup brined olives, such as nicoise or kalamata  
1 cup brined capers, drained  
1/3 cup fresh goat cheese (may substitute feta cheese)  
  
Preparation  
1. Preheat the oven to 350°F.  
2. In a small bowl, combine the pecans with the 2 tbsp olive oil and a good pinch of salt. Spread the pecans in a single layer on a baking sheet and toast for 10 to 14 minutes. Remove and set aside to cool slightly.  
3. While the nuts are cooling, prepare the dressing: Pour the remaining ½ cup olive oil into a medium bowl. Whisk in the sherry vinegar, then the mustard. Whisk in the thyme, oregano, ½ tsp salt, and several grinds of pepper. Taste, and adjust the seasoning as desired.  
4. Remove the legs and breasts from the chicken. Remove the skin, and chop the meat into coarse cubes. Set aside.  
5. Combine the watercress, arugula, and dandelion greens in a large bowl. Toss in the red onion, olives, and capers, and then dress with ½ cup of dressing. Toss the salad, adding more dressing as desired. Toss in the cubed chicken.  
6. Divide the salad among 8 plates. Crumble the goat cheese in large chunks over the salads, and then sprinkle with the pecans. Serve immediately.