

**Ingredients for salad:**

7 - 9 oz spinach (4 hand fulls)  
2 chicken breasts  
2 slices red onion (1/2" thick)  
6 mushrooms  
1 red bell pepper cut into strips  
dried cranberries to taste  
Parmesan cheese (wide grate; to taste)

**Ingredients for dressing:**

3 unpeeled whole garlic cloves.  
1 tbsp diced red bell pepper  
1 tbsp diced red onion  
1/2 tsp garlic powder  
1/2 tsp dried parsley  
several cracks black pepper  
1 tsp honey  
1/2 tsp dijon mustard  
1 1/2 tbsp rice wine vinegar  
3 tbsp olive oil.

**Directions:**

1. Wash spinach and spin dry. Dice 1 tbsp red bell pepper and and 1 tbsp red onion. Set aside.
2. In a clean jar with a tight fitting lid, combine: garlic powder, dried parsley, several cracks black pepper, honey, dijon mustard, rice wine vinegar and olive oil. Shake well. Add the diced red bell pepper and onion. Shake again. Set aside.
3. Grill chicken breasts, red onion, mushrooms, red bell pepper, unpeeled whole garlic cloves.
4. Peel and mince grilled garlic and add to dressing. Shake well.
5. Toss spinach with the dressing and some Parmesan cheese. Arrange dressed spinach on a plate. Top with grilled mushrooms, red onion, red bell pepper and chicken breast.
6. Garnish with dried cranberries, a little more Parmesan cheese and any remaining dressing. Serves 2 main course portions or 4-6 side portions.