



Chinese Chicken Salad

Chicken

4	4 oz. Chicken breast, boneless, skinless
½ cup	Teriyaki Sauce, prepared
½ cup	Water
1 tsp	Ginger, fresh grated
2 clove	Garlic, minced
2 Tbsp	Sesame oil

In a small bowl combine Teriyaki, water, ginger, and garlic. Add the chicken breasts, cover and marinate in the refrigerator for at least two hours.

Heat the sesame oil in a skillet and quickly brown both sides of the chicken breasts. Add 1/3 cup of the marinade to the skillet and cover. Discard remainder of marinade. Reduce heat and poach the breasts (turning once) until the liquid is gone and the breasts are a dark golden brown.

Remove the chicken and reserve. This can be done the day before if refrigerated in a closed container.

Salad

1	Head-Butterhead lettuce, chopped
1	Head-Radicchio, shredded, reserve 4 large leaves
6	Scallions, diced, both white and green
¼ cup	Cilantro leaves, chopped
1 cup	Bean sprouts, fresh
1 cup	Snow peas, cut 1 inch pieces and stir fried
1 tsp	Sesame oil (to stir-fry snow peas)
¼ cup	Water chestnuts, drained and sliced
2	Mangos, peeled and cubed
2 cups	Pineapple, fresh, diced
¼ cup	Red bell pepper, julienne
¼ cup	Carrot, peeled, julienne
¼ cup	Cashews, roasted

Place a radicchio leaf on each plate.



Combine lettuce, radicchio, scallions, cilantro, bean sprouts, snow peas, and water chestnuts. Divide equally between the four salads.

Mix mango and pineapple together and layer equally over the salads.

Cut the reserved chicken into ¼ inch slices and place one breast on each salad.

Garnish each plate with the red pepper, carrot and cashews.

Serves 4 (approximately 3 cups per serving).

See Dressing recipe on page 2

Dressing

½ cup	Oriental sesame oil
1 clove	Garlic, fresh minced
2 Tbsp	Honey
3 Tbsp	Rice Wine Vinegar
1 tsp	Chili Paste
2 Tbsp	Soy Sauce, low sodium
1/3 cup	Peanut butter, creamy

Combine all dressing ingredients in small bowl and mix well. Divide equally between the salads when ready to serve.

Yield: 4 servings

Nutrient Analysis:

3 oz chicken in marinade, 3 cups vegetables

338 Kcalories, 44 grams carbohydrate, 31 gram protein, 9.3 gram fat, 1.25 grams saturated fat, 73 mg cholesterol, 6 grams fiber, 487 mg sodium, 83 mg calcium, 774 mg potassium, 317 mg phosphorus, 3.24 mg of iron.

2 tablespoons dressing:

164 kcalories, 1.8 grams protein, 5 grams carbohydrate, 15 grams fat, 6.3 grams monounsaturated fat, 2.4 grams saturated fat, 157 mg sodium, 2.9 mg calcium, 34 mg potassium, 0.18 mg iron.

Total per 3 ounces of chicken, 3 cups vegetables, 2 tablespoons dressing:

502 Kcalories, 49 grams of carbohydrate, 32.8 grams protein, 24.3 grams fat, 3.65 grams saturated fat, 6.3 grams of monounsaturated fat, 73 mg cholesterol, 6 grams fiber, 644 mg sodium, 86 mg calcium, 1422 mg potassium, 317 mg phosphorus, 3.42 mg iron