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▶▶ June 2014 ◀◀

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Asian Chicken Salad

- 4 Chicken, breast
- 3 Tablespoon soy sauce, less sodium
- 2 Teaspoon ginger, fresh, grated
- 5 Cups lettuce, mixed greens, torn
- 3 Cups assorted fresh vegetables (such as fresh pea pods, halved crosswise; red sweet pepper strips; shredded carrot; and/or bite-size cucumber strips)
- 1 Cup cabbage, red, coarsely chopped
- 1/4 Cup scallion(s) (green onions), sliced
- 2 Teaspoon sesame seeds, toasted, toasted
- 1/3 Cup pineapple juice, unsweetened
- 1/4 Cup vinegar, rice
- 3 Tablespoon oil, salad
- 1 Tablespoon soy sauce, less sodium
- 2 Teaspoon sugar
- 1 1/2 Teaspoon oil, toasted sesame
- 1/4 Teaspoon pepper, black

Chicken Salad:

- 1) Place chicken on the unheated greased rack of a broiler pan. In a small bowl combine soy sauce and ginger; brush some of the mixture onto one side of each chicken breast half. Broil 4 inches from heat for 12 to 15 minutes or until chicken is tender and no longer pink (170°F), turning and brushing once with the remaining soy mixture halfway through broiling time. Discard any remaining soy mixture. Remove from heat; cool slightly. Cut chicken into bite-size strips. Set aside.
- 2) In a large bowl toss together salad greens, assorted fresh vegetables, red cabbage, and green onions.
- 3) Shake Oriental Salad Dressing well; pour about 1/2 cup of the dressing over salad. Toss lightly to coat. Divide salad among 4 dinner plates. Top salads with chicken strips; pour remaining dressing over chicken. Sprinkle with sesame seeds. Serve immediately.

Oriental Salad Dressing:

In a screw-top jar combine 1/3 cup unsweetened pineapple juice, 1/4 cup rice vinegar or white vinegar, 3 tablespoons salad oil, 1 tablespoon reduced-sodium soy sauce, 2 teaspoons sugar, 1 1/2 teaspoons toasted sesame oil, and 1/4 teaspoon black pepper. Cover and shake well.

Makes 6 Servings

