

## Asian Chicken Salad with Ginger Dressing

This is a refreshing crisp and colorful salad with sesame flavored grilled chicken and a bright healthy dressing. There are no rules for the greens and vegetables in this salad. You can create your own medley of vegetables.

### Ingredients

#### Salad

- 4-5 big handfuls of Mixed Greens
- 1 head Butter Lettuce, coarsely chopped
- 1 head Baby Bok Choy, coarsely chopped
- 1 cup Napa Cabbage, thinly sliced
- 2 Green Onions, thinly sliced (white and green parts)
- 1 large Red Bell Pepper, cut into julienne strips
- 1 cup Jicama, cut into julienne strips
- 1 cup shelled Edamame (soybeans)
- 1 large Orange, peeled, white piths removed and quartered
- Cilantro sprigs for garnish

#### Ginger Dressing

- 1 cup olive oil
- 1 cup fresh squeezed orange juice
- 1 tablespoon fresh Ginger, peeled and chopped
- 1 medium Carrot, peeled and chopped (about 1/2 cup)
- 2 tablespoons Honey
- 1 tablespoon Red Wine vinegar
- 1 teaspoon Toasted Sesame Oil
- 1/2 teaspoons Salt
- 1/4 teaspoon Black Pepper

#### Chicken

- 2 tablespoons toasted Sesame Seeds
- 1 cup Olive Oil
- Juice of 1 Lime
- 1 teaspoon Chili Oil
- 1 teaspoon Toasted Sesame Oil
- 1 1/2 tablespoons Honey
- 1 teaspoon Salt
- 4 skinless boneless chicken breasts, sliced thru the center to make 8 thin pieces

### Preparation

To make marinade; place first seven ingredients for the chicken in a blender and blend until smooth. Place marinade in a large bowl and add chicken breasts. Cover and refrigerate for 30 minutes or up to one day.

To make the dressing; place all the ingredients for the ginger dressing in a blender and blend until smooth. Cover and refrigerate in a small bowl until ready to use.

To make the salad; toss mixed greens, butter lettuce, bok choy, napa cabbage, and green onions in a large bowl. Top with red bell pepper, jicama, soybeans, and orange slices. Garnish with cilantro.

To grill chicken; Heat barbeque grill and set to medium heat. Spray with non-stick cooking spray to prevent sticking. Grill chicken turning often until cooked thru, about 7-8 minutes. Remove from heat and thinly slice.

To assemble salad; Toss generous amount of dressing in the salad and top with sliced chicken. Serve immediately.

Makes 4-6 servings

Salad and ginger dressing may be prepared one day ahead and refrigerated separately.