

Hot Chicken Salad

Eating a little lighter from time to time is good for all of us, so today we have warm, freshly-cooked Chick'n Strips (or optional sliced chicken) on a multi-textured dinner salad. Lettuce, cucumber, tomatoes, dried tart cherries and steamed broccoli play parts in this salad celebration. It's dressed with a warm orange juice based, Asian-style dressing.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and lay out your ingredients on small plates or in bowls as you get started. Assembling a meal is easy-peasy when you're well organized.

Quinoa

1 C. quinoa
plus
2 C. water

Hot Chicken Salad

Salad

1 C. broccoli (chopped)
4 leaves Romaine lettuce
4 leaves red or green leaf lettuce
1 C. cucumber (peeled and chopped)
2/3 C. green pepper (cut into thin slices)
1/2 C. thin-sliced sweet onion (slices quartered)
2 Roma tomatoes (chopped)
2/3 C. tart apple (peeled and chopped)
1/4 C. dried tart cherries

Bread Choice

Artisan rolls or bread of choice (warmed)

Plant-based Choice or Optional Chicken

Plant-based Choice:

1 tsp. olive oil
18-20 Plant-based Chik'n strips
1/4 C. white wine

-or-

Optional Chicken:

1 tsp. olive oil
1 boneless, skinless chicken breast
1/2 C. white wine

Cilantro/Lime Dressing

1/3 C. washed Cilantro leaves
1 clove garlic (peeled)
1/2 tsp. Asian garlic pepper sauce
2 T. fresh lime juice

2 T. extra-virgin olive oil
2 tsp. sesame oil
1/2 tsp. smooth peanut butter
1 tsp. low-sodium soy sauce
1/3 C. low-sodium vegetable broth

*Start by putting
Quinoa on to cook!*

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Measure quinoa and water into a small sauce pan, bring to a boil, cover and turn off heat. Leave covered on the turned off burner until ready to dine.

Plant-based Choice or Optional Chicken

Plant-based choice:

Place 18-20 Chik'n strips in small, lightly-oiled sauté pan. Toss over medium-high heat until strips are browned. Add wine, cover and remove from heat. When cool enough to handle, slice strips lengthwise before adding to salads.

Optional Chicken:

Brown chicken breast in oil over medium high heat in a large sauté pan. Season with salt and pepper and pour wine into pan. Cover, reduce heat to low and cook 10 minutes. Turn a couple of times. When cool thin-slice for the salad.

Cilantro/Lime Dressing

1. Pulse cilantro, garlic, pepper sauce and lime juice in a food processor until cilantro and garlic are finely chopped.
2. Add remaining ingredients and blend until smooth. Transfer to a serving pitcher.
3. Just before dining, warm dressing 35 seconds in the microwave.

Hot Chicken Salad

Before you start salad assembly, wrap rolls in foil and warm in a 250° oven, or make toast.

1. Steam broccoli 4 minutes or until pieces are tender. Set aside.
2. Break up lettuce and divide between two serving plates.
3. Divide prepped cucumber, peppers, sliced onions, tomatoes, apples and dried cherries between plates.
4. Sprinkle 1/4 C. cooked quinoa over each salad.
5. If necessary, rewarm broccoli and meat (or plant-based option). Divide warm broccoli and meat choice between plates.

Serve:

Serve on individual dinner plates with warmed dressing and bread of choice on the side.

What I've Learned from this Recipe

We all feel better when we lighten up the evening meal occasionally. Tonight's meal is a good example. The warm ingredients served over a dinner salad turn it into a comfort-food experience.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com