

Hot Chicken Salad

Warm, freshly prepared Chick'n slices (or optional chicken) adorn a multi-textured dinner salad of lettuce, cucumber, tomatoes, dried tart cherries, tart apple and steamed broccoli. The salad is sprinkled with quinoa to up the nutritional ante, and servings are topped with chopped tomatoes and warm Honey Mustard 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

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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)
2/3 C. tart apple (peeled and chopped)
1/4 C. dried tart cherries
2 Roma tomatoes (chopped)

Bread Choice

Artisan rolls or bread of choice (warmed)
or
two slices whole-grain toast

Plant-based Chick'n or Optional Chicken

Plant-based Chik'n

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

Honey Mustard Dressing

3 T. good olive oil
1 T. rice wine vinegar
pinch of salt
1 tsp. prepared mustard
1 tsp. honey
1/4 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 on burner until ready to dine. Simply follow the flow of the recipe for this simple meal.

Plant-based Chik'n or Optional Chicken

Plant-based Chik'n:

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.

or

Optional Chicken:

Brown chicken in oil over medium-high heat in a large sauté pan. Season with salt and pepper and pour 1/2 C. wine into pan. Cover, reduce heat to low and cook 10 minutes. Turn a couple of times. When cool, thin-slice for the salad.

Warm Honey Mustard Dressing

Simply measure dressing ingredients into a jar with a tight-fitting lid. Shake well to blend. Pour into a serving pitcher and warm 1-minute in microwave. Set aside.

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1. Using a vegetable steamer, steam broccoli pieces 4 minutes once water boils, or until broccoli is at desired tenderness. Set aside.
2. Break up lettuce and divide between two serving plates.
3. Divide cucumber, peppers, sliced onions, 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 and top with tomatoes.

Serve:

Serve individual dinner salads with warmed dressing and warmed bread on the side.

What I've Learned from this Recipe

It's healthy to lighten up the evening meal occasionally. Tonight's meal is an example. The warm ingredients on the salad just make it seem more like dinner on a cool spring evening.

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