

Hot Chicken Salad

Here's a lovely light meal for a fall evening. Is it possible that a dinner salad can be comfort food? There's a simple answer. Yes!

Tonight you'll top fresh salad greens with crisp apple and dried tart cherries. Finish the salad with warm broccoli, Chick'n Strips and quinoa. It's all dressed with a homemade Cilantro/Lime Dressing.

Finish the presentation with some warm artisan bread or rolls and you've got a hit!

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 Chick'n

1 tsp. olive oil
18-20 Plant-based Chick'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

Cilantro/Lime Dressing:

1/2 C. washed Cilantro leaves
3 T. fresh lime juice
1 clove garlic
1/3 C. extra-virgin olive oil
1 tsp. mustard
1 tsp. honey
1 tsp. smooth peanut butter
1/3 C. vegetable broth
1/2 Jalapeno pepper (seeded, lightly chopped)
pinch of salt

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. Now 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 a 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 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.

Cilantro/Lime Dressing

Measure all salad dressing ingredients into a food processor and blend until smooth. Pour into a serving pitcher and warm 25 seconds in the microwave.

Place dressing on the table and allow diners to dress their own salads.

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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 choice and divide between plates. Top with tomatoes.
6. Make a couple slices of toast.

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 a dinner entrée on a cool fall evening.

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