

## CRUNCH SALAD

### INGREDIENTS:

#### CHICKEN:

|                |         |
|----------------|---------|
| ❖ Olive oil    | 2 TBSP  |
| ❖ Soy sauce    | 2 TBSP  |
| ❖ Rice vinegar | ¼ Cup   |
| ❖ Lime juice   | 1 TBSP  |
| ❖ Salt         | ½ tsp   |
| ❖ Pepper       | ¼ tsp   |
| ❖ Chicken*     | 1 ½ lbs |

#### VINAIGRETTE:

|                |        |
|----------------|--------|
| ❖ Rice vinegar | 4 TBSP |
| ❖ Chili sauce  | 4 TBSP |
| ❖ Sesame oil   | 1 tsp  |
| ❖ Salt         | pinch  |
| ❖ Pepper       | pinch  |

#### PEANUT DRESSING:

|                    |        |
|--------------------|--------|
| ❖ Peanut butter    | ¼ Cup  |
| ❖ Soy sauce        | 2 TBSP |
| ❖ Rice vinegar     | 1 TBSP |
| ❖ Chili sauce      | 1 TBSP |
| ❖ Water (very hot) | 2 TBSP |

### METHOD:

#### CHICKEN:

1. Whisk together the oil, soy sauce, rice vinegar, lime juice, salt and pepper.
2. Place the chicken in a ziploc bag or shallow dish and cover with the marinade.
3. Refrigerate for 20 minutes or up to 24 hours (the longer it marinates, the better the flavor).
4. Remove the chicken from the marinade and grill 6-7 minutes per side.
5. Remove to a plate and let cool.
6. Chop into bite-sized pieces.

#### VINAIGRETTE:

1. Combine all the ingredients in a liquid measure or small mason jar and whisk (or shake) until well combined.
2. Refrigerate until ready to use. The dressing can be made up to a week in advance.

#### PEANUT DRESSING:

1. Whisk together (or again, shake in a mason jar), all the ingredients until well combined.
2. Add additional hot water, one tablespoon at a time, until the dressing is smooth and thin enough to drizzle.

**SALAD:**

- ❖ Romaine lettuce 4 Cups
- ❖ Napa cabbage 2 Cups
- ❖ Red cabbage 1 Cup
- ❖ Cucumber 1 Cup
- ❖ Edamame 1 Cup
- ❖ Carrots 1 Cup
- ❖ Red bell Peppers 1 Cup
- ❖ Green onions 4 ea
- ❖ Cilantro 1 Cup
- ❖ Peanuts for topping (optional)

**SALAD:**

1. In a large bowl, toss together all of the salad ingredients with the cooled and chopped chicken. Pour the vinaigrette over the top and toss until the ingredients are coated with the dressing.
2. Serve the salad with the peanut dressing on the side to drizzle on top.

