

ASIAN GREEN SALAD WITH CHICKEN & SESAME VINAIGRETTE

Vinaigrette:

1/2 cup rice vinegar
1/4 cup sugar
2 whole cloves garlic, smashed and peeled
1 tablespoon toasted sesame oil
1/4 cup canola oil
2 tablespoons soy sauce
1 tablespoon toasted sesame seeds

Salad:

4 hearts romaine lettuce, chopped (or spring mix)
1 (15 oz. can) mandarin oranges, drained
1/3 cup sliced almonds
1/4 cup sliced scallions
1/3 cup chopped cilantro
12 ounces baked or grilled chicken, sliced or diced

Garnish: Crunchy Asian noodles

Tools:

- Small saucepan
- Small saute pan
- 2 Heatproof spatulas or spoons
- Liquid & dry measuring cups
- Measuring spoons
- Cutting board, mat, and medium-large knife
- Blender bottle or electric blender
- Large salad bowl
- Tongs

1. Measure and prepare all vinaigrette ingredients. To toast the sesame seeds, place in a small dry saute pan and heat over low-medium heat until toasted and fragrant, stirring often.
2. Place vinegar in a small saucepan over medium heat until it comes to a gentle boil. Add sugar and garlic and let the sugar dissolve, about 1 minute. Stir. Remove the rice vinegar mixture from the stove and discard the garlic. Place mixture in a blender bottle and add the sesame oil, canola oil, soy sauce and toasted sesame seeds. Allow the dressing to come to room temperature.
3. Meanwhile, prepare all salad ingredients.
4. Replace lid of blender bottle and shake vinaigrette ingredients to mix. Taste and adjust seasoning.
5. In a large bowl, combine salad ingredients and toss with vinaigrette. Garnish with Asian noodles.