



ENTREE

CHICKEN SALAD WITH PEANUT DRESSING

Serves 4 , 2 cups per serving

Prep time: 25 minutes ▪ Cook time: 10 minutes



Nutrition Facts

Serving Size 2 cups (495g)	
Servings Per Container 4	
Amount Per Serving	
Calories 400	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 160mg	53%
Sodium 270mg	11%
Total Carbohydrate 21g	7%
Dietary Fiber 6g	24%
Sugars 14g	
Protein 38g	
Vitamin A 290% • Vitamin C 100%	
Calcium 8% • Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS

Salad:

- 4 bone-in chicken thighs, about 1 ½ pounds
- 1 medium head romaine lettuce
- 1 medium red bell pepper
- 1 small apple
- 8 snow peas
- 1 (10-ounce) can mandarin oranges, packed in juice

Dressing:

- 2 Tablespoons peanut butter
- 2 Tablespoons canola oil
- 2 teaspoons reduced-sodium soy sauce
- 2 teaspoons distilled white vinegar

Optional Ingredients:

- ¼ cup slivered almonds

DIRECTIONS

1. Remove skin and trim any excess fat from chicken thighs. In a large pot over high heat, add chicken and cover with water. Bring to a simmer. Reduce heat to maintain a simmer. Cook until a food thermometer inserted in the thickest part of a thigh without touching the bone reads 165 degrees F, about 10 minutes. Transfer to a plate and let cool. While the chicken cooks and cools, prepare rest of salad.
2. Rinse lettuce. Pat dry. Tear into bite-sized pieces.
3. Rinse bell pepper. Remove core and seeds. Cut into bite-sized pieces.
4. Rinse apple. Cut into thin slices. Then, cut slices into matchsticks.
5. Rinse snow peas. Slice thinly on the diagonal.
6. Drain mandarin oranges, reserving juice.
7. In a large bowl, add peanut butter, oil, soy sauce, vinegar, and 1 Tablespoon reserved mandarin orange juice. Mix until well blended.
8. When the chicken is cool, shred with two forks.
9. Add lettuce, bell pepper, apple, snow peas, drained mandarin oranges and chicken to bowl with dressing. Toss to coat. If using almonds, sprinkle on top of salad now.

RECIPE BY:
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