

Chicken Salad With Peanut Dressing

Serves 4, 2 cups per serving



Ingredients

Salad

- 4 bone-in chicken thighs, about 1½ 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 low-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 °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-size pieces.
3. Rinse bell pepper. Remove core and seeds. Cut into bite-size 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.

Nutrition Facts

Serving Size 2 cups
Servings Per Recipe 4

Amount Per Serving

Calories 340 **Calories from Fat** 170

% Daily Value*

Total Fat 19g **24%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 120mg **40%**

Sodium 210mg **9%**

Total Carbohydrate 21g **8%**

Dietary Fiber 6g **21%**

Sugars 14g

Protein 26g

Vitamin A 310% • Vitamin C 120%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Chef's Notes

- If you have leftover cooked chicken, use 1½ cups in place of the chicken thighs.
- Use 4 cups spinach instead of romaine, if you prefer.
- For extra color and flavor, add grated carrots.
- Plan ahead for leftovers. Set aside some salad and dressing before tossing together. Store separately. Toss just before serving.
- You can use rice vinegar instead of distilled white vinegar.
- When they are in season, use fresh oranges or clementines in place of canned mandarin oranges. Use 1 Tablespoon orange juice in place of reserved mandarin orange juice in step 7.