



Chinese Chicken Salad

Serves six

FOR THE CHICKEN:

- 1 whole skinless/boneless chicken breast - cut into strips
- ¼ cup soy sauce
- ¼ cup rice wine vinegar
- pinch of Chinese Five Spice Powder
- 1 tsp. honey
- 1 tsp. sesame oil
- 2 scallions – chopped (white, light green and dark green)
- 4 garlic cloves – peeled and smashed
- ½ TBS finely minced fresh ginger
- 1 TBS cornstarch
- 4 TBS peanut or vegetable oil

Place the chicken strips in a bowl.

Whisk together the soy sauce, rice vinegar, Chinese five spice powder, honey and sesame oil. Add the scallions, garlic cloves and ginger. Mix well. Pour over the chicken and make sure to coat completely. Cover the bowl and refrigerate for at least 30 minutes.

After the chicken is marinated – remove the strips from the marinade and place them in a shallow dish. Sprinkle with the cornstarch and make sure it is coated well. Heat a skillet with the oil until it is very hot – almost smoking. Add the chicken to the hot oil and cook in batches until it is cooked through. Remove from the skillet and place on a paper towel lined plate. Set aside.

FOR THE SALAD:

- 6 Wonton wrappers
- 4 cups thinly sliced Napa cabbage
- 2 cups thinly sliced Romaine lettuce
- 1 large carrot – peeled and julienne
- 1 cup julienne snow peas
- 2 TBS sliced almonds
- 1 TBS toasted sesame seeds

Heat oven to 350 degrees.

Cut the wontons into thin strips. Spray a baking sheet with some cooking spray. Place the strips on the sheet in a single layer. Spray the tops lightly and place in the oven. Bake for 7 to 9 minutes until browned and crisp.

Place the cabbage, lettuce, carrots, snow peas, almonds and sesame seeds in a large bowl. Toss to mix well. Add dressing of choice and toss to coat well. Place some of the salad on a plate and top with the chicken and wonton strips. Serve and enjoy!