

# Ginger Soy Chicken Salad

Prep: 10-20 minutes    Cook: 20 minutes    Serves: 2-4



*Chef Suzanne Landry*

- 2 skinless, boneless chicken breasts, or leftover chicken
- 1 medium carrot, sliced into matchsticks or shredded
- 2 stalks of bok choy, chopped with leaves
- 1/4 cup each of red and green cabbage, chopped
- 1/2 medium red bell pepper, chopped
- 1/2 cup snow or snap peas
- 1/4 cup slivered almonds or unsalted peanuts

## Dressing

- 2 tablespoons orange juice
- 2 tablespoons soy sauce
- 2 tablespoons light vegetable oil
- 1 teaspoon toasted sesame oil
- 1 teaspoon dried ginger

## Optional

- 1 cup mung bean sprouts
- Other protein options are firm tofu, cut into cubes, or cooked shrimp.

1. Pan-fry chicken until no longer pink, about 4-5 minutes on each side. Once chicken has cooled, cut into bite-size pieces, or use precooked leftover chicken.
2. Clean, slice or chop, and toss vegetables together.
3. Combine vegetable and dressing, toss with chicken and top with almonds or peanuts.

*Chef's Notes:* To juice ginger, use a handheld cheese grater and grate ginger with skin until you get a small ball size. Squeeze this ball in the palm of your hand into a small bowl. Measure out from there. If the ginger is old or dehydrated this will not work well. If you don't have a grater, you can then peel, slice thin and mince ginger and add to dressing.

