

Studio 5

Friday, August 10, 2007

“Grilled Chinese Chicken Salad”

Becky Low

Dairy Farmers of Utah

This main dish salad makes a great summer treat. Plan to marinate and grill chicken ahead of time. As always, balance the meal by serving foods from each food group. A light fruit and yogurt parfait would make a perfect dessert and provide the dairy for this meal. Recipe serves 4

Ingredients:

- 1/2 cup lemon-lime soda
- 1/4 cup soy sauce
- 3 tablespoons canola oil
- 1/4-1/2 teaspoon garlic powder
- 1 teaspoon horseradish
- 1 pound boneless skinless chicken*
- 6 cups salad lettuce
- 1 bunch green onions, sliced
- 1 can (11 oz.) mandarin oranges, drained
- 1/4 cup dry roasted cashews
- 2 tablespoons sesame seeds
- 1 can (8 oz.) sliced water chestnuts, drained
- 2 cups dry chow mein noodles
- 1/2-3/4 cup rice wine salad vinegar**

Method:

Prepare marinade by mixing together lemon-lime soda, soy sauce, oil, garlic powder and horseradish. Place marinade and chicken in a closeable plastic bag. Refrigerate for 2 hours to overnight (turn bag occasionally).

Drain marinade and discard. Grill chicken over medium hot coals, gas grill, or under oven broiler until cooked through. Shred into bite size pieces.

Arrange serving plates with lettuce, shredded chicken, green onions, oranges, nuts, seeds, water chestnuts, and chow mein noodles. Drizzle with vinaigrette of choice.

Notes:

* Boneless skinless chicken breasts are leaner and have been used in the nutrition analysis, but boneless skinless chicken thighs produce a more moist and flavorful meat.

** A simple rice wine salad vinegar is nice on this salad and has been used in the nutrition analysis. An optional salad dressing may be created by placing in blender 1/4 cup oil, 1/4 cup sugar, 1/4 cup rice vinegar, 1 teaspoon salt and 1/3 teaspoon Accent or MSG (optional). Blend until smooth.

For nutrition analysis go to www.UtahDairyCouncil.com

Nutrition Facts	
Serving Size 1/4	
Servings Per Container 4	
Amount Per Serving	
Calories 520	Calories from Fat 170
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 3.5g	18%
Cholesterol 95mg	32%
Sodium 790mg	33%
Total Carbohydrate 45g	15%
Dietary Fiber 7g	27%
Sugars 18g	
Protein 43g	
Vitamin A 20%	Vitamin C 45%
Calcium 10%	Iron 100%
*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	