



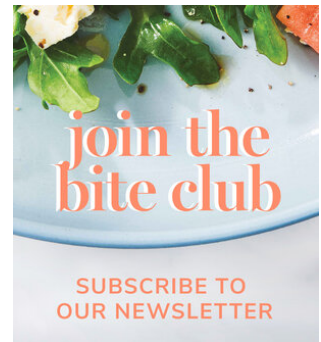
grilled chicken salad with peanut dressing

After being grilled to juicy goodness, honey lime chicken is added to a bowl full of healthy veggies (napa cabbage, carrots, cucumber, peppers) and protein (edamame) and then tossed with a lip-smackingly creamy peanut butter dressing. As if that's not enough, this nuts 'n honey salad is topped with crunchy wonton strips and roasted peanuts.

SERVES: 4



julie albert & lisa gnat



ingredients

Honey Lime Grilled Chicken

- ¼ cup fresh lime juice
- 2 tbsp olive oil
- 2 tbsp Dijon mustard
- 2 tbsp honey
- 4 boneless skinless chicken breasts

Crisp Salad

- 8 cups chopped romaine lettuce
- 4 cups chopped napa cabbage
- 1½ cups shredded carrots
- 1 cup edamame, cooked and cooled
- 1 cup chopped cucumber
- 1 cup red bell peppers, thinly sliced

Peanut Butter Dressing

- ½ cup smooth peanut butter
- ¼ cup chopped Italian flat leaf parsley
- 2 tbsp soy sauce
- 2 tbsp rice vinegar
- 2 tbsp fresh lime juice
- 2 tbsp honey
- 2 tbsp vegetable oil
- 1 tbsp hoisin sauce
- ¼ cup warm water
- ½ tsp Thai chili garlic paste

Salad Toppings

- 1½ cups wonton strips
- ½ cup chopped roasted peanuts

directions

- For the grilled chicken, in a large bowl, whisk lime juice, olive oil, Dijon mustard and honey. Add chicken to marinade, cover and refrigerate 2-4 hours. Preheat grill to medium-high and oil the grill grate. Discard marinade and grill the chicken 5-6 minutes per side, or until cooked through. Set aside. When cool enough to handle, chop chicken into bite size pieces.
- For the salad, in a large serving bowl, toss together romaine lettuce, napa cabbage, carrots, edamame, cucumber and red pepper. Toss chicken in and keep chilled until ready to serve.
- For the dressing, using a food processor or blender, combine peanut butter, parsley, soy sauce, rice vinegar, lime juice, honey, vegetable oil, hoisin sauce, water and chili paste. Blend until smooth. Toss with salad just before serving. Top salad with wonton strips and chopped peanuts.

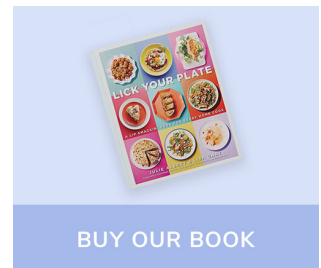
“The addition of nuts in salad... I always find to be beneficial.”

— LARRY DAVID

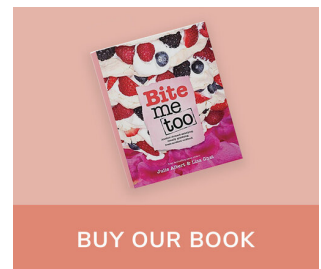
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