

Orientální kuřecí salát

Kategorie: Zeleninové saláty

Hodnocení: nezadáno

Počet porcí:

Náročnost: lehký

Autor: Jílek

Suroviny

minutes - Cooking Time::

4 boneless, skinless chicken breast halves (about 1,25 lbs.)

servings - Makes::

Oriental Chicken Salad

2 green onions, chopped

4 oz. snow peas (optional)

1 can (11 oz.) mandarin oranges, drained

1 cup Wish-Bone® Oriental Salad Dressing

minutes - Prep Time::

0,33 cup firmly packed dark brown sugar (optional)

8 cups mixed salad greens such as: romaine, iceberg, purple cabbage, savoy cabbage and bok choy

0,5 cup Planters® Cashews, chopped and/or crisp chow mein noodles

1 carrot, shredded

Postup

For marinade, combine Oriental dressing with brown sugar. In large, plastic bag, pour 0,5 cup marinade over chicken; to coat. Close bag and marinate* in refrigerator, turning occasionally, up to 1 hour. Refrigerate remaining 0,75 cup marinade. Remove chicken from marinade, discarding marinade. Grill or broil chicken, turn once, until chicken is no longer pink.

To serve arrange greens, snow peas, green onions, mandarin oranges and carrot on platter. Slice chicken and arrange over mixture; drizzle with remaining refrigerated marinade and garnish with cashews and/or chow mein noodles.

*If you are short on time, marinade can also be used as a brush on glaze. Combine marinade ingredients and brush on chicken while grilling.

Nutrition Information Per Serving: Calories 450; Fat 18 g; Carbohydrates 37 g; Cholesterol 80 mg; Sodium 980 mg; Protein 32 g

Poznámka

dobaa vaření masa 12 min