

Mandarin Chicken Salad-serves 4



Dressing

1/2 cup corn syrup
3 tbsp. white distilled vinegar
2 tbsp. pineapple juice
4 tsp. granulated sugar
1 tbsp. light brown sugar
1 tbsp. rice wine vinegar
1 tbsp. soy sauce
1 tsp. sesame oil
1/4 tsp. ground mustard
1/4 tsp. ground ginger
1/8 tsp. salt
1/8 tsp. paprika
dash garlic powder
dash ground black pepper
1/2 cup vegetable oil
1/2 tsp. sesame seeds (I don't usually add these)

Salad

4 chicken breast fillets
1 large head iceberg lettuce, chopped
4 cups red leaf lettuce, chopped (I just use green leaf lettuce)
1 1/3 cups canned mandarin orange wedges
1 cup rice noodles
1 cup roasted sliced almonds

Prepare dressing by combining all dressing ingredients except vegetable oil and sesame seeds in a blender on high speed. Slowly add oil to mixture (to create an emulsion). Add sesame seeds and blend for 2-3 seconds. Pour dressing into a covered container and refrigerate.

Rub each chicken breast fillet with oil, then lightly salt and pepper each piece. Grill on medium/high heat until done. Chill chicken breasts in refrigerator until cold.

In 4 large salad bowls, layer lettuce, chicken, orange wedges, rice noodles, and almonds. Serve with prepared dressing.

