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.