

## ***Peanut Sauce Chicken on Salad***

Courtesy of Carole's Creations

Prep Time: 10 minutes

Standing Time: 1 hour

Serves: 4

***CChints:*** This recipe calls for 4 cups of cooked chicken. You can purchase a rotisserie chicken at your supermarket and when you take the meat off the bone, you should have 4 cups. Ponzu sauce is a citrus soy sauce and it is low in sodium. You can find bottles in the Asian section of your local market.



1/2 cup rice wine vinegar  
2 tablespoons sesame oil  
2 tablespoons Ponzu Sauce  
1 tablespoon reduced fat peanut butter, smooth  
1 teaspoon ground ginger  
1/2 teaspoon garlic powder  
4 cups cooked chicken cut into bite-size pieces  
1 cup steamed broccoli pieces, cooled  
8-12 ounce bag of mixed green salad  
1/3 cup shredded carrots  
8 ounce can sliced water chestnuts, drained  
3 tablespoons pine nuts or sunflower seeds shelled, use the nuts only  
2 tablespoons extra-virgin olive oil

In a medium mixing bowl, whisk together the vinegar through garlic powder. Measure 2 tablespoons of this dressing and pour it into another container and set aside.

Stir the chicken in the bowl of dressing to coat all pieces. Cover the bowl and refrigerate for 1 hour, stirring 2 times during the hour.

Put the broccoli in a microwave safe container with 1 tablespoon water. Slightly cover and cook for 2 minutes on high. Remove the cover and let sit for 10 minutes, then cover and put in the refrigerator to cool down.

When the chicken has been refrigerated to 50 minutes start to put the rest of the salad together. Add the olive oil to the reserved 2 tablespoons of dressing, mix well. In a large mixing bowl combine the salad greens through water chestnuts and add the chilled broccoli. Toss and divide among the 4 plates. Top each salad with chicken and sunflower seeds. Sprinkle each with the reserved dressing and serve.