

Chopped Watercress Chicken Salad

with Asian Orange Dressing



Recent research found that adding food safety information to recipes led to consumers improving their safe food handling behaviors. Following the food safety information will help you reduce the risk of foodborne illness! For more on safe handling of poultry—when you shop and at home—go to www.fightbac.org.

INGREDIENTS

- 1½ lbs chicken tenders
- 1½ cups orange juice
 - 2 tsp honey
 - 1 tbsp sesame oil
 - 4 tsp soy sauce
 - 3 tbsp rice wine vinegar
 - 2 tbsp water
 - 1 tsp grated fresh ginger
- 2 cloves garlic
 - ½ tsp red chili flakes
- 4 cups watercress, washed and chopped (arugula may be substituted)
- 2 cups romaine hearts, washed and chopped
- 1 bunch green onions, sliced
 - ¼ cup cilantro, chopped
 - 2 tbsp peanuts, chopped

DIRECTIONS

Clean work area. Wash hands with soap and warm water for 20 seconds. Wash food prep surfaces with warm soapy water. Use two separate cutting boards during preparation, one for raw chicken and the other for vegetables, herbs and spices.

In a small saucepan, bring orange juice to a boil over medium heat. Boil to reduce by half, about 5 minutes.

In food processor or blender, combine juice, honey, sesame oil, soy sauce, vinegar, water, ginger and garlic. Process until smooth.

Remove half of the marinade and place in a large plastic, sealable bag. Add red chili flakes and chicken tenders. Marinate for 30 minutes in the refrigerator on lowest shelf. Reserve remaining dressing that was not used with the chicken. In a large serving bowl, combine watercress, romaine, onions and cilantro.

Warm large sauté pan over medium-high heat. Remove tenders from marinade and add to pan, along with marinade. Wash hands after handling raw chicken. Sauté tenders about 3–4 minutes per side until cooked through and caramelized brown and the internal temperature of the chicken comes to 165 °F, as measured with a food thermometer. Wash thermometer with hot soapy water after each temperature reading.

Toss reserved dressing with greens. Top with grilled tenders. Add chopped peanuts before serving.