



Chopped Watercress Chicken Salad with Asian Orange Dressing

Makes 4 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.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

1. Wash hands with soap and water.
2. Scrub garlic with a clean vegetable brush under running water. Gently rub green onions, watercress and romaine hearts under cold running water.
3. In a small saucepan, bring orange juice to a boil over medium heat. Boil to reduce by half, about 5 minutes.
4. In food processor or blender, combine juice, honey, sesame oil, soy sauce, vinegar, water, ginger and garlic. Process until smooth.
5. Remove half of the marinade and place in a large plastic, sealable bag. Add red chili flakes and chicken tenders. Do not rinse raw poultry.
6. Wash hands with soap and water after handling uncooked chicken.
7. Marinate for 30 minutes in the refrigerator on lowest shelf. Reserve remaining dressing that was not used with the chicken. Do not reuse marinades used on raw foods.
8. In a large serving bowl, combine watercress, romaine, onions and cilantro.
9. Warm large sauté pan over medium-high heat. Remove tenders from marinade and add to pan, along with marinade.
10. Wash hands with soap and water.
11. Sauté chicken tenders about 3–4 minutes per side until cooked through and caramelized brown and the internal temperature reaches 165 °F on food thermometer.
12. Toss reserved dressing with greens. Top with grilled tenders. Add chopped peanuts before serving.

Get more recipes at www.fightbac.org/saferecipes

