

Warm Chicken Salad



PREPARATION TIME
15 minutes



COOKING TIME
10 minutes



PERFECT PARTNER
garlic croutons



Bone the chicken breasts yourself instead of buying packaged chicken cutlets. With a little practice, you'll be able to do it quickly and save over one dollar per pound.

SHOPPING LIST

- chicken breasts • mayonnaise
- carrot • mixed salad greens
- soy sauce • bell pepper
- yogurt • green onions

ON HAND

- brown sugar • garlic • oil

Warm Chicken Salad

INGREDIENTS

- 1/4 cup soy sauce
- 1/4 cup packed brown sugar
- 2 teaspoons vegetable oil
- 1/2 clove garlic, crushed
- 6 skinless, boneless chicken breasts (4 ounces each)
- 8 cups mixed salad greens
- 1/2 cup shredded carrot
- 1/2 cup chopped green bell pepper
- 1/2 cup sliced green onions

DRESSING:

- 1 cup mayonnaise
- 3/4 cup plain yogurt

SERVES **6**

COOK'N
Express

- Check the produce section for packages of washed, torn and ready-to-serve mixed salad greens. Shake them from the bag into your favorite salad bowl and just add the chicken and dressing.

Make Ahead

Wash salad greens and prepare vegetables before storing them. They will keep for several days and will give you a head start when time is short.

◆ VARIATION

Enhance flavor by scattering orange, lemon or lime peels over the hot coals during the last few minutes of grilling.

1 Preheat grill. Mix soy sauce, brown sugar, oil and garlic. Reserve 1/3 of marinade. Brush over chicken. Grill, basting with reserved marinade, about 10 minutes. Cut into strips. Keep warm.



2 Combine salad greens, carrot, bell pepper and green onions in a salad bowl; toss lightly to mix.

3 For dressing, blend mayonnaise and yogurt in a small bowl.



4 Toss chicken strips with salad greens. Spoon dressing over warm chicken and salad. Serve immediately.