

## Asian Slaw Salad with Teriyaki Chicken and Spicy Peanut Vinaigrette

*Oversalted.wordpress.com*



### Ingredient List

#### **Dressing**

- 1 tablespoon sherry wine
- 2 tablespoons red wine vinegar
- 2 tablespoons soy sauce [**20 calories**]
- ½ teaspoon ground ginger
- 2 garlic cloves, minced
- 1 teaspoon hot chili oil [**45 calories**]
- 2 teaspoons honey [**40 calories**]
- 2 tablespoons smooth peanut butter [**200 calories**]
- 1 teaspoon toasted sesame oil [**40 calories**]
- ½ cup canola oil [**960 calories**]

#### **Salad**

- 1 pound boneless, skinless chicken breast [**400 calories**]
- ½ cup teriyaki sauce [**120 calories**]
- 3 cups hearts of romaine, chopped [**25 calories**]
- 1 ½ cups cabbage slaw [**25 calories**]
- 2 bunches of scallions, thinly sliced
- 1/3 cup crunchy chow mein noodles [**90 calories**]
- 2 tablespoons sliced almonds [**100 calories**]

### Recipe

*Yields about ¾ cup (12 tablespoons) of dressing*

*Salad ingredients are enough for 2 dinner portions*

Dressing – calories per tablespoon: 100

Salad – calories per serving: 380

Dinner serving with 3 tablespoons of dressing: 680

In a blender, combine the sherry wine, vinegar, soy sauce, ginger, garlic, peanut butter, chili oil, honey, and sesame oil. With the motor speed set to the lowest setting, slowly add the canola oil until the mixture is fully combined. If the dressing is too thick, add a little bit of warm water. Taste, and season accordingly with salt and pepper if desired. Refrigerate for up to 5 days or use immediately.

In a shallow dish, marinate the chicken in the teriyaki sauce for at least 1 hour, or cover and leave overnight. Heat a grill pan over medium-high heat, and once hot, spray with non-stick cooking spray. Grill each side of the chicken breasts until nicely browned, about 5 minutes each side, and cook the chicken until the internal temperature is at least 165 degrees Fahrenheit. Remove the chicken from the pan and slice on the diagonal.

In a large bowl, combine the romaine and cabbage slaw, tossing to mix well. Add the warm chicken, the scallions, and the chow mein noodles and sliced almonds. Mix everything well together. Separate the salad into two large bowls or plates, then dress with the vinaigrette as desired.