

McDougal's Farm LLC

What's Growing On !

Recipes

Mixed Greens with Chicken and Almonds Salad

Mixed Greens with Chicken and Almonds Salad (serves 4)

For the vinaigrette: Whisk all together in a small bowl.

2 T. rice vinegar

1 T. soy sauce

1 T. peanut or canola oil

2 t. minced or grated ginger root (squeeze 1 inch piece in a garlic press)

1 t. granulated sugar

1 t. Asian sesame oil

1 medium clove garlic, minced

Pinch of crushed red pepper flakes

Sea salt and freshly ground pepper to taste

For the chicken: Saute in oil 2 minutes on each side then put in oven for 12 or 14 min.

OR grill on med. Turning once or twice. Remove, cool, remove bone portion and slice.)

Warm chicken is delicious!

1 T. peanut or canola oil

3 bone-in, skin-on split chicken breasts (about 1 lb.)

Sea salt and fresh pepper

For the salad:

1/2 cup cashews or slivered almonds (oven roast cashews for 10 min. or sauté almonds in a T. of butter in a small pan. 'til golden.)

1 cup peanut or canola oil (use some wok oil if you have it on hand.)

2 oz. wonton wrappers (8 wrappers cut into 1/4 inch strips.)

10 or more cups loosely packed greens: (baby/young spinach leaves, radish sprouts if you have them, loose leaf lettuce, arugula, etc.)

2 scallions, thinly sliced on the diagonal

Wonton strips:

In a wok or small pan over med. high heat (375) fry half the strips 30 to 60 seconds then repeat. (I fried some 1 inch strips, drained them and sprinkled them with sugar and served them with sorbet for dessert.)

All together now: Place mixed greens, sprouts, chicken on the indiv. Plates..

Drizzle vinaigrette over and sprinkle the wonton strips on top....

Adapted from a recipe in **Cooking fresh** magazine – Spring 2009