



Another delicious recipe from

Foster's Demo



Thai Chicken Salad

Prep Time: 30 minutes

Makes: 6 servings

Ingredients:

2 pieces Pilgrim's Pride Eat Well Stay Healthy Szechwan Breast Tenders

6 cups romaine lettuce leaves, cut or torn into small pieces

1/2 cup red onion, diced

1/2 cup cilantro, leaves only, chop fine

1 orange, yellow or red bell pepper cut into 1/4 inch strips

3 tablespoons sesame seeds

1 head red leaf lettuce

1/2 cup tomato, chopped

Thai Dressing per recipe

Directions:

1. Heat chicken per package instructions
2. Combine romaine lettuce, bell pepper strips, red onion and cilantro in mixing bowl and toss.
3. Toast sesame seeds in heavy skillet until light brown, stir often (about 4 minutes)
4. To serve, line serving plates with red leaf lettuce. Add tossed romaine salad mix with chicken tenders on top. Drizzle with Thai dressing and garnish with sesame seeds and chopped tomato.

Thai Dressing

1/2 cup rice wine vinegar

1/4 cup olive oil

2-1/2 tablespoons soy Sauce

Place all ingredients in a closed container and shake until well blended. Store in refrigerator until used. Keep no longer than a week.