



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

ASIAN CHICKEN SALAD

1 head romaine lettuce

6 ounces baby spinach

4 chicken breasts

CHICKEN MARINADE:

3 tablespoons soy sauce

1 ½ teaspoons sesame oil

3 teaspoons brown sugar

½ teaspoon minced garlic

½ teaspoon garlic powder

DRESSING:

½ cup rice vinegar

¼ cup sugar

2 tablespoons canola oil

2 teaspoons sesame oil

½ teaspoon salt

Pepper to taste

1 teaspoon sesame seeds, toasted

GARNISH:

Chopped cilantro

11 ounces mandarin oranges, drained

1/3 cup sliced almonds

Wonton strips

Sesame seeds

1. Combine chicken marinade ingredients together and marinate chicken for 30 minutes.
2. Grill chicken and allow to rest for 5 minutes. Cut into slices.
3. Dressing: Combine ingredients together and shake until well combined.
4. Add together lettuce and spinach. Top with chicken, salad dressing and garnishes.