



Consummate Chinese Chicken Salad

Makes 10-12 large servings

Ingredients for the dressing:

- ½ cup sugar
- ½ cup water
- ½ cup seasoned rice vinegar
- ½ cup tamari
- 2 tsp. black pepper
- 4 tsp. dry mustard
- 1 ½ tsp. fresh ginger-peeled and grated on a microplane grater
- 2 cloves garlic
- 2 Tbsp. toasted sesame oil
- ½ cup canola oil

Instructions:

Heat sugar and water until the sugar is dissolved, then add the rest of the ingredients and keep in a covered container in the refrigerator for up to 2 weeks. The salad has a kick to it from the mustard, pepper and ginger, so back off on these ingredients if you like milder flavors.

Ingredients for the salad:

- 1 large head or two regular size heads of Napa cabbage, sliced 1/8 inch
- 1 large head romaine, sliced the same as the cabbage
- 3 julienned carrots, 1 ½ inch, done on a hand held peeler like you use for green papaya
- 2 red peppers, cut into matchstick pieces 1 ½ inch by 1/8 inch
- 1 yellow pepper, cut like the red one
- 2 cups edamame beans, cooked (I buy them frozen and already shelled - just defrost them)
- 4 cups snow peas, trimmed and cut into ½ inch pieces
- 2 lb. shredded cooked chicken (I make an extra roasted or rotisserie chicken, then skin it and shred the meat)
- ¾ cup chopped cilantro
- ¾ cup mint leaves, chopped
- 1 cup toasted sesame seeds
- 1 cup toasted slivered almonds (I bake them at 350 for 3 minutes in the toaster)
- Optional: sunflower or bean sprouts, sliced radishes, halved grape tomatoes or anything else you like

I keep all of this separate from the dressing with the lettuce/cabbage mixture in a huge bag, and another container with veggies etc. That way at the last minute you can make one or two servings of salad. OR you can make a huge bowl of this for company.
You can easily make half of this recipe if you wish.