

WARM CHICKEN SALAD WITH ORANGE SESAME DRESSING

Recipe courtesy of News Canada

INGREDIENTS:

Salad:

6 C mixed salad greens

1/2 red pepper, cut into strips

1/2 small red onion, sliced

1/2 lb Maple Lodge Farms Premium Rotisserie Seasoned Chicken Breast cut into strips

1 TBS olive oil

1 C bean sprouts

Dressing:

Juice of 1 orange

1/2 tsp grated orange rind

2 TBS sesame oil

1 tsp Dijon mustard

Freshly ground pepper, to taste

DIRECTIONS:

Combine dressing ingredients; set aside. Divide greens among 4 individual serving plates. Top with red pepper and onion slices.

In skillet, stir-fry premium rotisserie seasoned chicken breast in olive oil till lightly browned. Whisk dressing and add to pan; heat 30 seconds. Pour equally over salad plates - top with bean sprouts. Serve immediately.

Serves 4