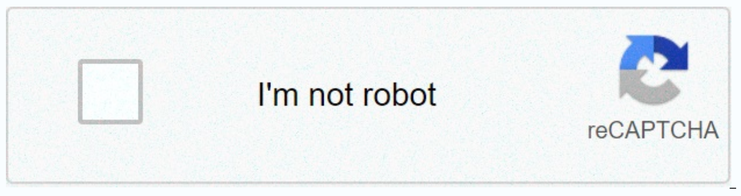

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Ina garten chicken salad chinese

Yum! This salad is officially a new favorite in my book. I had no idea it would be so good! I did this the other night for dinner for a friend of mine and me. We served it on fresh spinach leaves for a light mid-week dinner and it was perfect. The leftovers for lunch the next day were even better. The salad was very easy to gather. I had roasted the chicken earlier in the day so that it was ready to be shredded. I also bleached the asparagus at the same time and kept them in the fridge to cool. The dressing was a breeze to pull together - I love making my own fresh salad dressings. I originally thought about serving this salad over some cold sesame noodles or even a pita, but the fresh spinach leaves worked wonderfully to make this a great dinner salad. Thanks to Kenzie over at Kenzie's Kitchen for choosing this month's recipe... go see her along with the rest of The Ina Garten fans on Barefoot Bloggers! Barefoot Bloggers are a group of kitchens and bakers gathered to try the always fantastic recipes of Ina Garten... come join us! 4 split chicken breasts (bone-in, skin-on) (I used boneless, skinless chicken breasts)Good olive oilCosher saltFreshly ground black asparagus 1/2 pounds, ends removed, and cut into thirds diagonally1 red pepper, fastened and sown2 strands (white and green parts), cut diagonally1 tablespoon of white sesame seeds, toasted For the dressing:1/2 cup vegetable oil1/4 cup good apple cider vinegar3 tablespoons soy sauce1 1/2 tablespoons dark sesame oil1/2 tablespoon honey1 clin garlic, chopped1/2 teaspoon peeled, grated fresh ginger1/2 tablespoon sesame seeds, toast1/4 cup soft peanut butter2 teaspoons kosher salt1/2 teaspoon freshly ground black pepperPrint the oven at 350 degrees F.Place the chicken breasts in a pan and rub with the skin with olive oil. Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until the chicken has just been cooked. Set aside until cool enough to handle. Remove the flesh from the bones, discard the skin, and crush the chicken into large bite-sized pieces. Blanch the asparagus in a pot of boiling salted water for 3 to 5 minutes until crispy. Dive into icy water to stop cooking. Drain. Cut the peppers into strips about the size of the asparagus pieces. Combine the sliced chicken, asparagus and peppers in a large bowl. Whisk together all the ingredients for dressing and pour over the chicken and vegetables. Add the shallots and sesame seeds and season to taste. Serve cold or at room temperature. Recipe from Ina Garten, Barefoot Contessa Parties! and Food Network Follow AggiesKitchen to and show us what recipes you are making from the blog! Use the hashtag #aggieskitchen - I'd love to see what you're cooking! Ps... I will post my wish Ellie in my belly recipe tomorrow... is is is Tonight!! Do you follow me on Instagram, Twitter, Facebook and Pinterest? If you want to subscribe to Aggie's Kitchen and have each post delivered directly to your email box, please add your email here. Happy cuisine! There are affiliate links on this site. I make small profits through purchases made through these links. Thanks for supporting Aggie's Kitchen! Never miss a recipe! Subscribe to receive new post updates via email: Ina Garten, aka barefoot Contessa, probably doesn't need any introduction if you're reading this blog. However, if by chance you don't know who she is, you could say that she is the true guru of homemade American cuisine with 9 cookbooks, an Emmy award-winning food network cooking program, 20 years of a very successful specialty food store in East Hampton and a stint as a White House nuclear policy analyst (bet you didn't know that part!). Today we will pay tribute to a great self-taught cook who has helped revolutionize the food industry (and my family's palette) with Ina's recipe for this amazing Chinese chicken salad! When I decided to do Fridays a day I celebrate great chefs, I knew ina would be among my first. I love your TV show and I have several of your books, so it was a no brainer, but choosing which of your recipes to share took all my limited brain power because there are so many good recipes won. Seriously, it took me days to decide!! And although I've made many of your recipes before, this time I chose to go with something new and fresh for me, which is very much in keeping with your philosophy of cooking. Throughout its cuisine, highlights the use of fresh ingredients and if possible, local that we all know is the best ... so is this chicken salad. And it's pretty healthy considering the chicken is roasted and full of peppers, sesame seeds and asparagus and coated with a peanut butter-based dressing. Ok, here goes: While you are roasting the chicken breasts, toast the sesame seeds. If you've never done this before, you do it over the flame in a heavy pan, not in the oven. It's easy, but just keep an eye on them because you don't want these little ones to burn, they just turn golden. MAKE IT SHINE! ADD YOUR PHOTO Our latest recipes Our latest recipes Keyingredient Menu Introduce a recipe name, ingredient, keyword... Homemade Recipes > Asian Chicken Salad (adapted from Ina Garten) Google Ads Rate this recipe 4.3/5 (4 votes) Preheat the oven to 350 degrees F. Place the chicken breasts in a pan and rub with the skin with olive oil. liberally with salt and pepper. Roast for 35 to 40 minutes, until the chicken has just been cooked. Set aside until cool enough to handle. Remove the flesh from the bones, discard the skin, and crush the chicken into large bite-sized pieces. Combine all the vegetables and chicken cut into a large bowl. Whisk together all ingredient ingredients dressing and pour over the chicken and vegetables. Add sesame seeds and season to taste. Serve cold or at room temperature. Asian Chicken Salad (adapted from Ina Garten) Asian chicken salad (adapted from Ina Garten) Powered by Brandeploy Do you have a website or cooking blog? Find more useful information here. Keyingredient.com is a free cooking website. Join us and discover thousands of recipes from international cuisines. ALL RIGHTS RESERVED Copyright 2014 | By accessing this site, you agree to our Terms and Conditions. Chinese chicken salad: A sweet and salty honey, soy sauce, peanut butter dressing perfectly coats a healthy combo of roasted/grilled chicken, crispy asparagus and sweet red peppers. For whatever reason, I feared making this Chinese chicken salad. I think it was more likely because I was hung out to roast the chicken in the oven bone. This is always a pain in what you know-what for me. So I stopped making this recipe for a few days. Which became a few weeks. And before I knew it, it was like 2 months. it. And after reading all the brilliant reviews on this recipe, I was really kicking myself to skip it. That's why you see it today instead of the tuna salad I had originally planned to share with you. In short, this was a fantastic recipe!!! I was totally blown away by how the flavors of the dressing came together and meshed so beautifully. I ended up grilling the chicken instead of roasting it and cutting it into cubes. Crushing chicken is one of my biggest kitchen peeves and I avoid it whenever possible! This salad as a whole is very much like Ina's crispy noodle salad and since I remembered kyle wasn't a big fan of this noodle dish (crazy, I know!), I cut back to peanut butter in this recipe for about a tablespoon or so. Also, since I'm back at WW again ::sigh:: I probably should have pointed out the sauce before doing it because with a serving of chicken, the dish was about 13 or 14 points per serving. I thought the next time I do, I'll reduce the vegetable oil to 6 tablespoons, the sesame oil to 1 tablespoon, and peanut butter to 3 tablespoons to make it about 11 points. This isn't too bad for a nice, packed dinner. My peanut butter adjustment went through great and Kyle ended up loving this salad. He wasn't a big fan of my chicken satay with peanut chutney sauce or this crispy noodle salad because the salty taste of peanut butter in these dishes just doesn't like it very much. I'm so glad I fixed that issue here though! Fortunately, because apart from the chicken grill, there is essentially no other kitchen involved that makes this chinese chicken salad perfect for those who sack are hot summer nights! And speaking of hot summer nights, I've put together 2 excellent lists of virtually non-cook meals that you can make when it's too hot to light meals for hot nights and lighter meals for hot nights. Enjoy and stay cool to my friends!! For chicken and salad: 4 split chicken breasts (bone-in, skin-on) Extra virgin olive oil Kosher pepper freshly ground black pepper 1/2 pounds of asparagus, just removed, and cut into thirds diagonally 1 red pepper, stringed and sown 2 strandings (white and green parts), cut diagonally 1 teaspoon toasted For the dressing: 1/2 cup vegetable oil 1/4 cup apple cider vinegar 3 tablespoons low sodium soy sauce 1 1/2 tablespoons toasted sesame oil 1/2 tablespoons honey 1 clin garlic, chopped 1/2 teaspoon peeled, grated fresh ginger 1/1/2 tablespoon 2 tablespoons sesame seeds, toasted 3 tablespoons soft peanut butter A pinch of Kosher salt A pinch of Kosher salt 1/2 teaspoon freshly ground black pepper 1/2 tablespoons freshly ground black pepper Preheat the oven to 350°F or preheat a grill over medium-high heat. To roast: Put the chicken breasts in a pan and rub with the skin with olive oil. Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until the chicken has just been cooked. Grilled: Rub both sides of the chicken olive oil and sprinkle liberally with salt and pepper. Grill for 20 minutes, circling half the time. Both methods: Set aside the chicken until cool enough to handle. Remove the flesh from the bones, discard the skin, and crush the chicken into large bite-sized pieces. Blanch the asparagus in a pot of boiling salted water for 3 to 5 minutes until crispy. Dive into icy water to stop cooking. Drain. Cut the peppers into strips about the size of the asparagus pieces. Combine the sliced chicken, asparagus and peppers in a large bowl. Whisk together all the ingredients for dressing and pour over the chicken and vegetables. Add the shallots and sesame seeds and season to taste. Serve cold or at room temperature. adapted barefoot Contessa Festes! By Ina Garten Follow smells like home on Pinterest and click on this little Pin button at the top of this recipe card to save this recipe and share it with your Pinterest followers! Followers!

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