

Tropical Chicken Salad

Serves 4

I love the chicken and mango salad at Arties in Fairfax, VA. This is my copy cat version. It is not exactly the same as what is served in the restaurant but delicious all the same.

Some parts are adapted from Bon Appetite

For the chicken:

2t + 1T soy sauce

1t + 2T vegetable oil

4t minced garlic

4t minced peeled fresh ginger

12 oz skinless boneless chicken breast or tenders cut into 1" cubes

2T olive oil

Stir together soy sauce thru ginger, pour over chicken pieces, stir to coat. Allow to sit for 30 minutes. Heat olive oil in large saute pan oven medium high heat. Add chicken and marinade, sprinkle with salt and pepper. Saute until golden brown and cooked thru, about 4 minutes.

For the salad:

8C mixed salad greens

1 ripe juicy mango, cubed or two smaller Mexican mangos

1C green grape halves

1 C grape tomato halves or 2 medium tomatoes cut into wedges

1 scallion, thinly sliced

1/2C walnuts or pecans (I like to use spicy ones)

For the dressing:

2 1/2 T fresh lime juice

1 1/2 t minced seeded jalapeno
1t minced peeled fresh ginger
1 garlic clove, smashed with the side of a knife and
minced
1/2 t sugar
3T vegetable oil
1T sesame oil

Whisk lime juice thru sugar together in a small
bowl. Gradually whisk
in oils. Season with salt and pepper. Can be prepared
up to 2 hours ahead.

To assemble, toss salad greens with the dressing, spread
among 4 plates,
top each salad with mango, grapes, tomatoes, scallion,
chicken and walnuts.

Enjoy!