

Chinese Chicken Salad

8 split chicken breasts, bone in and skin on
Extra-virgin olive oil
Celtic gray salt
Freshly ground pepper
1 pound organic asparagus, ends removed, cut into thirds diagonally
2 red bell peppers, seeded
4 whole scallions, sliced diagonally
2 Tbsp. white sesame seeds, toasted*

Dressing:

$\frac{3}{4}$ cup vegetable oil
 $\frac{1}{4}$ cup high-quality apple cider vinegar
 $\frac{1}{3}$ cup soy sauce
3 Tbsp dark sesame oil
1 Tbsp honey
2 garlic cloves, minced
1 tsp fresh ginger, peeled and grated
1 Tbsp white sesame seeds, toasted*
 $\frac{1}{2}$ cup smooth, unsweetened organic peanut butter
2 tsp Celtic gray salt
1 tsp freshly ground pepper

*To toast, place sesame seeds in a dry sauté pan and, over medium heat, swirl until slightly browned; about 5 minutes.

Preheat the oven to 350°.

Place the chicken breasts on a sheet pan and rub with olive oil. Sprinkle liberally with salt and pepper. Roast 35 to 40 minutes, until the chicken is just cooked. Set aside until cool enough to handle.

Remove the meat from the bones, discard the skin, and shred the chicken into large bite-size pieces.

In a pot of boiling salted water, blanch the asparagus 3 to 5 minutes, until crisp-tender. Then plunge into ice water. Drain. Cut the peppers into strips about the size of the asparagus pieces. Combine the shredded chicken, asparagus and peppers in a large bowl.

Whisk together all the ingredients for the dressing and toss with the chicken and vegetables. Add the scallions and 2 Tbsp sesame seeds. Serve cold or at room temperature. Makes 12 servings.

Ed: this peanut sauce is great hot or cold on salads, rice noodles, and rice dishes as well