

Asian Salad with Won Ton Crisps

Courtesy of Carole's Creations

Prep Time: 20 minutes

Baking Time: 10 -12 minutes

Serves: 4 lunch size portions

CChints: Most of the prewashed bagged lettuce comes in the same size bag but they don't weight the same because of the types of leaves inside. Purchase enough salad to serve 4 people.

Ponzu sauce can be found in the Asian section of your store. It is a citrus version soy that is light and refreshing. You will need 2 tablespoons, one will go into the chicken and the other one will be in the dressing.



Salad:

- 1 package prewashed mixed salad greens
- 8 ounce can mandarin oranges, drained and save the juice
- 2 green onions, sliced
- 3 cups rotisserie or precooked chicken, cut into bite size pieces
- 5 tablespoons cashews, chopped
- Orange zest from half an orange (see below)
- Optional: 1/4 of a red onion, thinly sliced
- Crispy Won Tons
- Asian Orange Dressing

Crispy Won Tons:

- 12 won ton wrappers (3x3 won tons can be found in most market's produce sections)
- 1 tablespoon melted butter
- 1 teaspoon sesame seeds
- 1 teaspoon poppy seeds
- 1/3 teaspoon salt

Asian Orange Dressing:

- 2 tablespoon juice from Mandarin Orange can, divided
- 1/4 cup rice wine vinegar
- Juice from 1 orange (see note next page for a use for the orange peel)
- 2 tablespoons olive oil
- 1 tablespoon Ponzu Sauce
- 1 tablespoon brown sugar
- 1 teaspoon grated ginger or ginger paste
- 1/4 teaspoon dry mustard

Crispy Won Tons:

Preheat oven to 425 degrees F. While you are waiting for the oven to heat up, start to marinate the cooked chicken. Put the chicken into a sealable bag and add 1 tablespoon Ponzu sauce and 1 tablespoon of the mandarin orange juice. Seal the bag and set it aside until you are ready to put the salad together. From time to time, flip the bag so the marinade can reach all pieces of the chicken.

Won tons dry out very quickly after being removed from the package, so do not take them out until the oven has reached 425 F. Melt the butter in a small microwaveable container for 10 seconds or until butter melts. Lay the won ton wrappers out on an ungreased cookie or baking sheet. Brush with the butter to cover the entire surface of each one. Sprinkle with the sesame and poppy seeds and salt. Bake for 5-6 minutes or until golden brown. After 5 minutes they will brown quickly, so keep an eye on them so they don't burn. Take out and let cool while you finish the salad.

Asian Orange Dressing:

Drain the can of mandarin oranges and save 1 tablespoon of the juice. Set the oranges aside for the salad. Cut the orange in half and squeeze out the juice. Set the orange rind aside for now, you will use it at the end. Add all the ingredients into a dressing shaker bottle or a bowl. Cover and shake all the ingredients for 20 seconds or use a whisk in a bowl to combine all the ingredients together. Shake or whisk dressing again right before putting it on the salad.

Salad:

You have 2 choices of how your salads can look. One is in a single layer salad where you divide everything evenly among four plates. Start with a bed of lettuce, topped with chicken, orange sections, green onions, cashews and sprinkle with as much dressing as desired. Serve the crispy won tons on the sides of the plates, just slightly tucked under the salad greens.

The second option is a stacked salad or layered. Open the bag of lettuce and put 1/2 cup of lettuce on each of the 4 plates and top that with all of the chicken. The chicken is too heavy to put on the 2nd layer without tipping over. Divide all the other ingredients among the 4 servings, making sure you save enough of each for the 2nd layer. Sprinkle the chicken with a few oranges, some of the cashews, green onions and sprinkle with a little dressing. Lay 1 or 2 crispy won tons on top of that. Then make another layer of lettuce, oranges, green onions, cashews and dressing.

Use a microplane to zest half of the orange over each of the salads.

CChints: Cut the other half of the orange rind into one inch strips and place in a plastic sealable bag and freeze for 8 months. When you need orange zest again, simply take pieces out of the freezer and run them under cold water for a few seconds and they are ready to zest.