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Spicy Ginger Chicken Salad

Yield: 4 dinner servings

Salads:

- 4 large chicken breasts (or 4 salmon filets),
sliced into long, thin strips
- 1 tbsp. ground ginger
- 2 tsp. garlic powder
- 1 to 2 tsp. cayenne pepper
- 2 tbsp. brown sugar
- 1½ tbsp. soy sauce
- 6 tbsp. canola oil
- 8 cups arugula (or other salad greens)
- 2 cups seedless red grapes, cut in half
- ½ red onion, thinly sliced
- 1 red bell pepper, cut into bite-sized chunks
- ½ cup crumbled feta cheese



Vinaigrette:

- ¾ cup extra virgin olive oil (EVOO)
- ¼ cup canola oil
- 3 tbsp. balsamic vinegar
- 3 tbsp. orange juice
- 1 tsp. Dijon mustard
- 1 tsp. sugar
- salt and freshly cracked pepper, to taste

1: In a small bowl, combine the ginger, garlic powder, cayenne pepper, and brown sugar. Add the soy sauce and mix well.

2A (for chicken): Heat the 6 tbsp. canola oil in a skillet. Place the chicken in the skillet, and pour the spice mixture over top. Sauté chicken strips over medium-high heat until cooked through, about 3 minutes per side. Set aside.

2B (for salmon): Brush the spice mixture on the salmon. Grill until cooked through. Set aside.

3: Divide arugula between four plates. Top with red onion, red bell peppers, grapes, and feta cheese.

4: In a measuring cup, whisk together all of the vinaigrette ingredients.

5. Place the chicken (or salmon) on each salad. Drizzle vinaigrette over to finish. Enjoy!