



Wasabi Poached Chicken Salad

INGREDIENTS

1 lb chicken breasts, cooked (see instructions below)	
3 TBS lemon juice	10 red grapes, cut in quarters
½ large red pepper, diced	3 celery stalks, diced
½ small onion, diced	4 TBS mayo
2 TBS rice wine vinegar	1 teaspoon Wasabi powder
1 teaspoon Garlic powder	1 teaspoon powdered Ginger
1 teaspoon oregano	1 TBS cilantro; finely chopped

DIRECTIONS

Poached Chicken: Place skinless, boneless chicken breast halves in a saucepan large enough to hold the chicken pieces comfortably. Add enough water to cover the chicken. Add the lemon juice. Bring to a boil on medium-high heat; reduce the heat. Cover the pan and simmer until the chicken is no longer pink (170F), approx. 15 to 20 minutes. When the chicken is done, drain liquid. Let the chicken breasts cool until easy to handle. Dice chicken into small pieces.

Chicken Salad: In a mixing bowl, mix together the chicken and all other ingredients gently. Refrigerate until ready to serve. Makes 5 servings; 240 calories each.