

Thai Chicken Broccoli Salad with Peanut Dressing

This no-cook, Thai-inspired salad is high in protein and a quick meal.



PEANUT DRESSING

- 2 tablespoons low-sodium natural peanut butter
- 2 teaspoons soy sauce (lowest sodium available)
- 1 tablespoon plain rice vinegar or fresh lemon juice
- 2-3 tablespoons water

THAI CHICKEN & BROCCOLI SALAD

- 2 cups chopped, fresh broccoli **OR** 12 ounces frozen broccoli florets (thawed, drained)
- 2 cups chopped cooked skinless chicken breast, cooked without salt, all visible fat discarded
- 20 ounces salt-free white meat chicken (drained) **OR** 1 15-ounce can no-salt-added sweet peas, rinsed and drained
- 1 11-ounce can mandarin orange slices in their own juice or light syrup, drained
- 1/4 cup chopped onion (white or yellow or green onions)

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SERVINGS: 4 | **SERVING SIZE:** 1.5 cups

CALORIES

268 Per Serving

PROTEIN

27g Per Serving

FIBER

7g Per Serving



STEP 1: Whisk together the peanut butter, vinegar, and soy sauce. Starting with 2 tablespoons water, whisk in to thin the dressing to desired consistency.



STEP 2: In a large bowl, stir together the salad ingredients.



STEP 3: Pour the dressing over the salad, tossing to combine.

QUICK TIPS

Tip: Some brands of peanut butter are thicker than others, so you may need to add more water to thin the dressing.

Tip: If you're using fresh broccoli, chop up the stems as well as the crowns. They add flavor and texture to the salad and are quite nutritious.

Tip: Buying a package of precut broccoli can be more expensive, but it will save you time.



Washington
Food Coalition

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



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