

Asian Peanut Chicken Salad



This is a great non~mayonnaise chicken salad recipe that travels very well

Serves 8

1 rotisserie cooked
chicken ~ can use
baked or grilled
chicken breasts

3T peanut butter ~
can use either chunky
or creamy

1/2c fat free zesty
Italian dressing

2T soy sauce

pinch red pepper
flakes

2 green onions, sliced

1 small red bell
pepper, diced

2 garlic cloves, finely
minced

1 celery stalk, thinly
sliced, then diced

Remove skin and bones from chicken. Coarsely shred and place in large bowl. Add green onion, red bell pepper, garlic and celery. Toss well.

In small saucepan, melt peanut butter. Whisk in Italian dressing, soy sauce and red pepper flakes. Cool slightly.

Pour peanut butter dressing over chicken mixture. Toss well. Add additional Italian dressing if it is too dry for your taste.

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