

Asian Chicken Salad

2 cooked, whole chicken breasts, diced
1 cup red pepper, diced
8 scallions, sliced
4 tbsp mayonnaise
4 tsp soy sauce
2 tsp sesame oil

Garnish with crushed black pepper to taste

To cook chicken, bring one quart of water to boil, add chicken breasts, reduce heat and simmer for 20 minutes.

Mix together mayonnaise, soy sauce, sesame oil to make dressing. Combine remaining ingredients and add dressing.

Makes 6 cups.

Courtesy of Dr. Catherine A. Hebert
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