

# Sesame Chicken Kabob Salad

Start to Finish: 30 min

- 1 pound skinless, boneless chicken breast halves
- 3 tablespoons salad oil
- 3 tablespoons rice or white wine vinegar
- 1 tablespoon toasted sesame oil
- 1 tablespoon soy sauce
- 1/2 teaspoon dry mustard
- 1/4 teaspoon crushed red pepper
- 1 tablespoon bottled plum sauce or chili sauce
- 2 cups chopped red cabbage
- 2 cups sliced bok choy or iceberg lettuce
- 16 fresh pineapple wedges
- 16 snow peas
- 1/2 cup mushrooms (1 ounce)
- 1/2 cup cut-up radishes
- Toasted sesame seed (optional)

Cut each chicken breast half lengthwise into 4 strips. Thread 2 of the chicken strips on each of eight 6-inch wooden skewers. Place in a 2-quart rectangular microwave-safe baking dish; set aside.

For sesame dressing, in a screw-top jar combine salad oil, rice or white wine vinegar, toasted sesame oil, soy sauce, dry mustard, and crushed red pepper. Cover and shake well.

Stir together 2 tablespoons of the sesame dressing and plum sauce; brush over kabobs. Cover dish with waxed paper and microwave on high 2 minutes. Turn kabobs over, rearrange in dish, and brush again with the dressing mixture. Microwave for 2 to 4 minutes more or until chicken is no longer pink.

Meanwhile, combine cabbage and bok choy; divide among 4 plates. Top with kabobs, pineapple, snow peas, mushrooms, and radishes. Drizzle sesame dressing over salads. If desired, sprinkle with sesame seed. Makes 4 servings.

Courtesy of  
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