

Recipe – Chinatown Chicken Salad

This recipe was adapted from Cafe for All Seasons, Chinatown, San Francisco, CA.

Ingredients (Dressing):

- 4 tsp dry mustard
- 2 inch piece fresh ginger or 1 tsp powdered ginger
- 3 Tbs wheat-free tamari sauce
- 4 Tbs sesame oil
- ½ cup olive oil
- ½ white balsamic vinegar

Directions (Dressing):

Mix all ingredients well

If you add them in the order stated above, there is no need to gradually whisk in the oil, just whisk briefly after each addition the resulting dressing will have a creamy consistency that doesn't separate easily.

Ingredients (Salad):

- Two cleaned heads of romaine lettuce, chopped
- 4 pieces grilled boneless chicken breast cut into bite-sized pieces or a whole deli-roasted chicken
- 1 cup coarsely chopped walnuts or a mix of nuts and sunflower seeds
- 4 Tbs white sesame seeds
- 1 bunch chopped cilantro
- 1 red onion thinly sliced
- 1 bunch kale thinly sliced and chopped
- 1 cucumber peeled and chopped
- 1 red pepper thinly sliced

Directions (Salad):

Combine all of the above and toss with Ginger Mustard Dressing