

Chicken and Wild Rice Salad with Asian Sesame Dressing – Karen Olson

These ingredients can be expanded or contracted as desired.

4 parts Spring Greens, 1 part Arugula

Shredded roasted chicken – easy if you get it at Costco

Cooked wild rice

Red Apples – I cut one into 12 wedges and then slice thinly to form little triangles

Green onions, finely chopped

Dried cranberries

Sweet and Spicy Pecans from Trader Joe's, sliced lengthwise – these add zip!

Asian Sesame Dressing

Process the following ingredients in a blender:

¼ cup Sesame Oil

¼ cup Vegetable Oil

¼ rice vinegar

2 Tablespoons water

2 Tablespoons sugar

1 teaspoon salt

½ teaspoon black pepper

½ teaspoon soy sauce

¼ teaspoon powdered ginger

¼ teaspoon dry mustard

1/8 teaspoon Xanthum Gum – this binds and thickens the ingredients

Pour into a jar – then add 1 ½ teaspoons toasted sesame seeds and shake well.