**Chicken Mandarin Salad** (for 4)

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| 2 thawed boneless skinless chicken breasts  1 green pepper, cut into chunks  8 mushrooms, washed  ½ yellow onion, cut into chunks | ***Marinade***  60 mL Japanese soy sauce  25 mL rice vinegar  15 mL sugar |

1. Soak 4 bamboo skewers in water. Tin foil line a cookie sheet.
2. Cut chicken into 3cm cubes and place in bowl.
3. ***Marinade*.** In a small pot, combine soy sauce, rice vinegar and sugar together. Over medium-high heat, bring to a boil. Remove from heat, pour over chicken and toss. Marinate chicken for 10 minutes.
4. Wash and remove, membranes and seeds from inside the green pepper. Cut into chunks.
5. Wash and pat dry mushrooms. Trim a small amount from the base.
6. Cut onion into chunks.
7. Tread chicken and vegetables, alternately, onto soaked skewers. Leave "fingernail" of space in between pieces. Baste with marinade.
8. Move rack to second highest position and turn on broil.
9. Place chicken skewers on tin foiled lined cookie sheet. Grill for about 5-7 minutes. Turn-over and continue to broil 5-8 minutes or until meat is no longer pink.

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| ***Salad Dressing***  35 mL vegetable oil  20 mL vinegar  f.g. salt and pepper  7 mL sugar  1 sprig parsley, cut small | ***Salad***  25 mL slivered almonds  25 mL pumpkin seeds, shelled, unsalted  10 mL margarine  ½ head Romaine lettuce  ½ can Mandarin orange, drained  1 green onion, sliced |

1. ***Salad dressing***. In a small jar, measure all ingredients. Secure lid and gently shake. Refrigerate until ready to use.
2. ***Salad*.** Heat frying pan over medium heat. Melt margarine and lightly brown almonds. Remove from heat. Transfer almonds to a plate; this will help the almonds to stop cooking. Cool.
3. Wash and tear lettuce into bite size pieces. Place in large serving bowl. Toss with all ingredients and serve with salad dressing.