

## Healthy Recipe of the Week



Use organic ingredients whenever possible.

### Thai Chicken and Noodle Salad

Originally from Everyday Food - May 2008

Serves 4

1 ¼ pounds boneless, skinless chicken breasts, thinly sliced crosswise

Spicy Asian Dressing (below)

Coarse salt

3 ½ ounces Chinese rice noodles, broken in half if long

1 tablespoon vegetable oil, such as safflower

2 carrots, sliced into ribbons with a vegetable peeler

1 English cucumber, halved lengthwise and thinly sliced crosswise

¼ cup fresh basil, torn

bean sprouts, chopped peanuts, fresh mint leaves, red-pepper flakes, and sliced scallion greens, for garnish (optional)

1. Place chicken and half of Spicy Asian Dressing in a resealable plastic bag (reserve remaining dressing). Marinate at room temperature for 30 minutes (or refrigerate up to overnight).
2. In a large pot of boiling salted water, cook noodles until tender. Drain, and rinse under cold water to stop the cooking. Transfer to a platter.
3. In a large skillet, heat oil over medium-high. Working in batches, cook chicken (do not crowd skillet) until cooked through, 1 to 2 minutes; transfer to platter on top of noodles.
4. Top with carrots, cucumber, and basil. Drizzle with reserved dressing, and sprinkle with garnishes, if desired.

#### Spicy Asian Dressing

In a medium bowl, combine 4 thinly sliced **scallion whites**, 2 minced **garlic cloves**, ½ cup **soy sauce**, ¼ cup **rice vinegar**, 2 tablespoons **light-brown sugar**, 1 tablespoon **fresh lime juice**, ½ teaspoon **anchovy paste** (or 1 minced canned anchovy), and ½ teaspoon **red-pepper flakes**.