



# Wasabi Poached Chicken Salad

This is the most flavorful recipe for chicken salad I've ever tasted, and it's made by my very own hubby.

Yes, it has a lot of ingredients, but they are simple and you probably have most on hand already. You can make swaps when/if you need. After you gather all the ingredients, assembling it is a breeze!

## INGREDIENTS

- 1 lb chicken breasts, cooked (see below for instructions)
- 3 TBSP lemon juice
- 10 red grapes, cut in quarters
- ½ large red pepper, diced
- 3 celery stalks, diced
- ½ small onion, diced
- 4 TBSP mayo
- 2 TBSP seasoned rice wine vinegar
- 1 teaspoon Wasabi powder
- 1 teaspoon Garlic powder
- 1 teaspoon powdered Ginger
- 1 teaspoon oregano
- 1 TBS cilantro; finely chopped

## DIRECTIONS

For Poached Chicken

Place skinless, boneless chicken breast halves in a saucepan large enough to hold the chicken pieces comfortably. Add enough water to cover the chicken. Add the lemon juice. Bring to a boil on medium-high heat; reduce the heat. Cover the pan and simmer until the chicken is no longer pink (170F), approx. 15 to 20 minutes. When the chicken is done, drain liquid. Let the chicken breasts cool until easy to handle. Dice chicken into small pieces.

For Chicken Salad

In a mixing bowl, mix together the chicken and all other ingredients gently. Refrigerate until ready to serve. Makes 5 servings; 240 calories each.