

Teriyaki Chicken Salad with Sweet Onion Teriyaki Vinaigrette

Ingredients:

For the Salad:

- 1 lb boneless, skinless chicken thighs
- 1 cup plus ¼ cup teriyaki sauce, divided
- 3 cups chinese cabbage, shredded
- 3 cups kale, shredded
- 1 carrot, shredded
- 1 red pepper, chopped
- ½ cup lightly salted cashew halves
- olive oil cooking spray

For the Sweet Onion Teriyaki Vinaigrette:

- ½ cup sweet onion, minced
- 1 tbsp canola oil, divided
- ½ cup teriyaki sauce
- 2 tbsp rice vinegar
- ¼ tsp red chili flakes

Directions:

1. Broil the chicken: Place chicken thighs and 1 cup teriyaki sauce in a ziploc bag. Move the chicken around in the bag to make sure it's coated. Place in the fridge and marinate for 2-4 hours. Preheat oven to broil. Move the top oven rack to 6 inches from the heating element. Line a baking sheet with aluminum foil, and spray with cooking spray. Remove the chicken from the marinade, shaking off the excess marinade. Arrange in a single layer, and broil for 5 mins. Flip chicken, and broil for 5 more mins. Flip again, and brush with some of the remaining teriyaki sauce. Return to broiler and broil 1 minute. Flip, brush the other side with sauce, and broil 1 final minute until the chicken is cooked through, and the internal temperature reaches 165 degrees. When cool enough to handle, chop in to bite size pieces.
2. Meanwhile, make the vinaigrette: Heat ½ tbsp oil in a small saucepan over medium heat. Saute onions for 10 mins until soft. Add teriyaki sauce. Bring to a simmer, and simmer for 2-3 mins. Remove from heat, and set aside to cool. When cool to the touch, add onion mix to a blender or small food processor, and process until smooth. Transfer to a mixing bowl, and add remaining oil, vinegar, and chili flakes. Whisk to combine.
3. Assemble the salad: Divide cabbage, kale, carrot, pepper, and cashews between 4 bowls. Top with chicken, evenly divided between the 4 bowls. Top with vinaigrette.

Recipe notes:

*I love the mix of cabbage and kale; but if kale isn't for you, use all cabbage or swap out the kale for another dark leafy green.

*This is a GREAT make ahead meal. Portion out the salad ingredients in tupperware containers. Portion out the dressing in small containers. Grab, go, and enjoy!

*This could be a really fun project for the grill in the warm weather months. But, the broiler helps us achieve a little of the same char we'd get from the grill during the colder months. It's important that you position your oven rack close to the heating element to achieve this.

*I always line my pans with aluminum foil before cooking anything in the oven so that I don't have to worry about it during clean up time. It's an optional step, but it makes life so much easier.

*I used a cheese grater to shred my carrot. Feel free to cheat and buy pre-shredded carrots.