



COOKING FOR WELLNESS

CANCER SUPPORT COMMUNITY



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Vietnamese Poached Chicken Salad

Ingredients

Chicken

- 1 large boneless chicken breast
- 1 inch of ginger, thinly sliced or 3 teaspoons of minced ginger
- 1 tablespoon of lime zest, lemon zest, basil, mint, or cilantro
- 1 - 13.5 oz can of coconut milk

Dressing

- 2 tablespoons of lime juice
- 2 tablespoons of honey or maple syrup
- 2 tablespoons of rice vinegar
- 2 tablespoons of light soy sauce

Salad

- 2 cups of romaine lettuce, chopped
- 1 cup of bean sprouts
- ½ cup of shredded carrots
- ½ cup mint leaves, chopped
- ½ cup cilantro, chopped



photo courtesy: delicious.com

Serves: 2

Prep Time: 15 minutes

Cook Time: 30 minutes

Nutrition Information: 1 serving

405 calories, 15 g fat, 38 g carb (5g fiber,
26 g sugar) 34 g protein, 170 mg sodium



Call, click, or scan for more recipes, upcoming events, and to register.
<https://www.cancersupportohio.org/programs-and-services/cooking-and-nutrition/>
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Instructions

1. Heat a medium skillet over high heat. Add the ginger, and lime zest, lemon zest, basil, mint, or cilantro, and coconut milk. Stir to combine and bring to a boil.
2. Add the chicken breast and reduce heat to low. Simmer uncovered for 10 minutes or until the chicken is cooked. Remove from the heat. Cover and let it stand for 10 minutes. Cool in the refrigerator until ready to serve.
3. While the chicken simmers, make the dressing. Store in the refrigerator until ready to serve.
4. Toss salad ingredients.
5. Shred cooled chicken. Toss with salad ingredients and dressing. Serve immediately.



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