

Asian Chick'n Salad

DEVELOPED BY: George Finn at University of St. Thomas

Servings: 3 Serving Size: 3 ounces

Ingredients	Quantity	Measure
Tofurky Chick'n	8	Ounces
Ginger, ground	1/4	Cup
Garlic, chopped	1/4	Cup
Carrots, finely diced	1/2	Cup
Yellow Onions, finely diced	3/4	Cup
Thai Basil, chopped	1/3	Cup
Cilantro, chopped	1/4	Cup
Salt		To taste
Canola oil	1/2	Cup
Asian Salad Dressing (see recipe)	6	Ounces

Preparation

1. Add oil to heated pan.
2. Place carrots in pan and cook until they start to get soft. Add onions and cook until translucent.
3. Add Tofurky Chick'n, ginger and garlic and cook on low heat for 5-7 minutes. Then, add salt, Thai basil and cilantro.
4. Can be served hot or cold. Serve with Asian Salad Dressing.

