

## **Valencia Grilled Chicken Salad**

Jim Romanoff for The Associated Press  
Palm Beach Post

**Servings: 4**

**Preparation Time: 25 minutes**

**1 pound boneless/ skinless chicken breasts**  
**1/4 teaspoon salt**  
**ground black pepper (to taste)**  
**4 Valencia or navel oranges**  
**1/4 cup sweet white miso**  
**3 tablespoons rice vinegar**  
**2 tablespoons peanut oil, preferably toasted**  
**1 tablespoon honey**  
**1 teaspoon fresh ginger, grated**  
**3 tablespoons water**  
**3 cups Napa cabbage, thinly shredded**  
**1 small red bell pepper, cored and thinly sliced**  
**1 cup carrots, shredded**  
**3/4 cup scallions, sliced**  
**1 cup chow mein noodles**

Heat a gas grill to high or light a charcoal fire.

Season the chicken with salt and pepper.

Grill the chicken until cooked through and 165 degrees at the center, about 5 minutes per side. Set aside to cool.

Slice both ends off the oranges. Holding the oranges over a bowl to collect the juices, use a sharp knife to remove the peel and white pith. Cut the orange segments from the surrounding membranes. Discard the membranes.

Set the collected juice aside and place the orange segments in a large serving bowl.

To the bowl with the reserved juice, add the miso, rice vinegar, peanut oil, honey, ginger and water. Whisk until smooth. Set aside.

To the bowl of oranges, add the cabbage, bell pepper, carrots and scallions. Add two-thirds of the dressing and toss to combine.

Shred the reserved chicken and toss with the remaining dressing.

To assemble the salads, place some of the cabbage mixture on each serving plate, then top with some of the shredded chicken mixture.

Garnish with chow mein noodles before serving.

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Per Serving (excluding unknown items): 176 Calories; 10g Fat (50.4% calories from fat); 3g Protein; 20g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 198mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 2 Fat; 1/2 Other Carbohydrates.