



Flame Grilled Chicken with Warm Bean Vegetable Salad

Courtesy of Tyson Foods, Inc.

Serves 6

Flame Grilled Chicken Ingredients:

32 ounces Tyson® Thin and Fancy Chicken Breast
1 tablespoon light olive oil
1 pinch salt and black pepper

Miso-Scallion Dressing Ingredients:

1 cup rice wine vinegar
1/4 cup vegetable stock
2 tablespoons sesame oil
2 tablespoons scallions, thinly sliced
2 tablespoons white Miso paste
2 tablespoons low sodium soy sauce
2 tablespoons raw sugar

Bean Salad Ingredients:

8 ounces Edamame, cooked and drained
8 ounces canned navy beans, drained
8 ounces canned garbanzo beans, drained
1/4 cup fresh cilantro, chopped
1 tablespoon fresh mint, chopped
1/4 cup Hijiki seaweed, hydrated, drained and rough chopped
1 tablespoon Thai chili pepper, deseeded and minced
1 tablespoon white sesame seeds, toasted

Wilted Greens Ingredients (as an accompaniment):

4 cups bok choy, trimmed
1 cup red bell pepper, julienne cut, seeded
1 tablespoons fresh ginger, fine julienne
1/2 tablespoon olive oil
1 pinch salt and black pepper



Preheat outdoor grill, indoor grill or griddle to 350 degrees Fahrenheit. Season chicken breast with oil, salt and pepper.

In a large mixing bowl, combine all ingredients for dressing using a wire whisk. In a separate bowl, combine all of the ingredients for the bean salad. Slowly drizzle dressing into bean salad, gently incorporating to moisten the salad to taste.

Grill the seasoned chicken on both sides until fully cooked at 165 degrees Fahrenheit. Allow to rest for two minutes, and then slice into strips.

In a sauté pan, add olive oil and ginger sauté for 2 minutes. Add bok choy and red bell pepper until wilted and tender, approximately 1-2 minutes.

For a Single Serving: Start with plating one cup cooked bok choy sauté, add bean salad over wilted greens and lay chicken over beans. If desired, garnish with fresh cilantro sprigs.