



WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center

PROVIDING THE
EXOS EXPERIENCE

Thai Chicken Broccoli Salad with Peanut Dressing

February is American Heart Month! All the recipes this month are from the American Heart Association's recipe database which can be found at recipes.heart.org. All of the recipes on this website are heart healthy, meaning that they are low in saturated fat and sodium. Love your heart!

Yield: 4 servings

Ingredients:

Peanut Dressing

- 2 tablespoons low-sodium natural peanut butter
- 2 teaspoons soy sauce (lowest sodium available)
- 1 tablespoon plain rice vinegar or fresh lemon juice
- 2-3 tablespoons water

Thai Chicken and Broccoli Salad

- 2 cups chopped, fresh broccoli OR 12 ounces frozen broccoli florets (thawed, drained)
- 2 cups chopped cooked skinless chicken breast, cooked without salt, all visible fat discarded OR 20 ounces salt-free white meat chicken (drained)
- 1 15-ounce can no-salt-added sweet peas, rinsed and drained
- 1 11-ounce can mandarin orange slices in their own juice or light syrup, drained
- 1/4 cup chopped onion (white or yellow or green onions)

Directions:

Peanut Dressing

1. In a small bowl, whisk together the peanut butter, vinegar, and soy sauce.

2. Starting with 2 tablespoons water, whisk in enough to thin the dressing to your desired consistency.

Thai Chicken and Broccoli Salad

1. In a large bowl, stir together the salad ingredients.
2. Pour the dressing over the salad, tossing to combine.

Quick Tips

- **Cooking Tip:** Some brands of peanut butter are thicker than others, so you may need to add more water to thin the dressing.
- **Keep it Healthy:** If you're using fresh broccoli, chop up the stems as well as the crowns. They add flavor and texture to the salad and are quite nutritious.
- **Tip:** Buying a package of precut broccoli can be more expensive, but it will save you time.

Nutrition Information (per 1.5 cups):

Calories: 268, Total fat: 8 g, Saturated fat: 2 g; Carbohydrates: 23 g, Fiber: 7 g, Protein: 27 g, Sodium: 347 mg

**Recipe from recipes.heart.org*

