

Black Bean Chicken Breasts on Sesame Greens

*From Bonnie Stern, Cookbook Author and Owner
of The Bonnie Stern School of Cooking,
Toronto, Ontario, Canada*

Ingredients:

6 boneless, skinless chicken breasts,
pounded thin
2 T. black bean sauce (Lee Kum Kee)
1 tsp. honey
2 T. orange juice
1 T. water
1/2 tsp. hot chili paste
1 tsp. sesame oil

Salad -

3 T. rice vinegar or balsamic
1 T. soy sauce

1 clove garlic, minced
2 tsp. honey
1 T. extra virgin olive oil
1 T. sesame oil
2 T. orange juice
2 T. chopped fresh herbs (parsley,
chives, cilantro, basil or mint or a
combination of)
8 cups mixed salad greens

To Prepare:

Pat chicken dry. Combine black bean sauce, honey, orange juice, (over)

water, chili paste and 1 tsp. sesame oil in a shallow dish. Add chicken and coat well with mixture. Allow to marinate 2 min. or up to 2 hrs. in refrigerator. Grill chicken breasts about 3-4 min. per side or until just cooked through. Meanwhile prepare dressing by whisking vinegar with soy sauce and garlic. Whisk in honey, olive oil and 1 T. sesame oil. Add orange juice. Add herbs and adjust seasoning to taste. Reserve. Just before serving, toss dressing with greens and serve grilled chicken on top. Makes 6 servings.

Show # 119