

Warm Bistro Chicken Salad

Prep time: 15 minutes

Total time: 35 minutes



- 1 lb (450 g) “B” size red potatoes (about 2¼ in./5.5-cm in diameter), unpeeled
- 1 lb (450 g) chicken tenders, cut into bite-sized pieces
- ¾ tsp (4 mL) salt, divided
- ¼ tsp (1 mL) black pepper
- 2 tbs (30 mL) white wine vinegar
- 2 tsp (10 mL) Dijon mustard
- 2 tsp (10 mL) **All-Purpose Dill Seasoning Mix**
- 1 tsp (5 mL) sugar
- 2 garlic cloves
- 3 tbs (45 mL) olive oil
- 12 oz (350 g) fresh green beans, trimmed and cut into 2-in. (5-cm) pieces
- 1 pkg (9 oz) torn romaine lettuce hearts (about 6 cups/1.5 L)

1. Lay each potato on its side and wedge with **Veggie Wedger**. In **Small Batter Bowl**, toss chicken with ¼ tsp (1 mL) of the salt and pepper.
2. Place potatoes in **(12-in./30-cm) Skillet** or **Stir-Fry Skillet**. Add enough cold water just to cover tops of potatoes. Cover; bring to a boil over medium heat.
3. Meanwhile, combine vinegar, mustard, seasoning mix, sugar, garlic pressed with **Garlic Press**, oil and remaining ½ tsp (2 mL) salt in **Measure, Mix & Pour®**. Mix well.
4. When potatoes reach a boil, remove lid and place **(12-in./30-cm) Steamer Insert** onto Skillet. Add green beans to one half of Steamer and chicken to other half, spreading out slightly.
5. Cook, covered, 8-11 minutes or until chicken reaches 165°F (74°C) and green beans are crisp tender, stirring once halfway through cooking.
6. Turn off heat. Carefully lift Steamer and let water to drain into Skillet. Place Steamer on **Easy Fit Silicone Cover (11x16-in/28x40.5-cm)** to cool.
7. Drain potatoes in large **Stainless Mesh Colander**; cool 1-2 minutes. Place lettuce in **Large Glass Mixing Bowl**. Add green beans, chicken, potatoes, and dressing; toss with **3-Way Tongs**. Serve warm.

Serves 6

U.S. Nutrients per serving: Calories 230, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 45 mg, Sodium 370 mg, Carbohydrate 26 g, Fiber 4 g, Protein 21 g