



# A COOK'S COMPANION

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## **Asian-inspired Salad-in-a-Jar with Spicy Peanut Dressing**

*Makes 4 salad jars, quart-size*

This salad features a welcome change from many salads thanks to the crunchy vegetables it includes. The spicy peanut dressing brings it all together for an exceptionally delicious lunchtime salad. For do-ahead ease, grill several chicken breasts at once, slice and freeze in usable portions for use in not only this salad, but in wraps, sandwiches and many other meals. Plan the salad's profile in these delicious layers:

### **Layer 1: Spicy Peanut Dressing**

*Makes about 1.5 cup*

Whisk ingredients together; place 2-3 tablespoons at the bottom of each jar.

- 1/2 cup peanut butter
- 2 tablespoons rice wine vinegar
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 tablespoon sesame oil
- 1 teaspoon hot oil or 1/8 tsp. cayenne
- 1-2 tablespoons water, and more for desired consistency

### **Layer 2: Sturdy Veggies**

- 1/4 head red cabbage, shredded, about 2 cups
- 2 carrots, grated, about 1 cup
- 1 red pepper, julienned
- 1 cup edamame, fresh or thawed frozen
- 24 pea pods (or sugar snap peas), trimmed, cut diagonally

### **Layer 3: Tender Veggies**

- 1/2 English cucumber, 1/2-inch dice, about 1 cup
- 1 (11 oz.) can Mandarin oranges, well-drained
- 1 scallion, sliced thinly, white and green parts

### **Layer 4: Protein**

- 2 tablespoons sliced almonds
- 2 grilled chicken breasts, sliced and shredded

### **Layer 5: Leafy Greens**

- 4 cups baby spinach leaves

### **Directions:**

Whisk the dressing ingredients together vigorously until well blended. Prepare the ingredients for the other layers. In quart-sized jars, or in other lidded glass containers, add the layers in the listed order, and add a seal-tight lid. Chill until ready to enjoy.