



## **Chicken Cabbage - Kale Peanut Salad**

Servings 4

### **Ingredients**

#### Peanut Dressing

1/2 cup roasted peanuts  
2 Tbsp rice wine vinegar  
2 Tbsp low-sodium tamari sauce  
1 tsp cane sugar  
2 Tbsp canola oil  
1 Tbsp water  
1 tsp minced jalapeños, deseeded and deveined (optional)  
1/4 cup firmly packed, fresh finely chopped cilantro

2 cups firmly packed julienne-cut kale, deveined and de-stemmed  
1.5 cups firmly packed chopped cabbage  
1/2 cup diced cucumbers  
1/2 cup diced Roma tomatoes  
1/2 cup diced jicama  
1/2 cup chopped snow or sugar snap peas  
1/4 cup firmly packed cilantro leaves  
4 4-oz cooked and diced boneless, skinless chicken breasts  
3/4 cup Peanut Dressing

### **Instructions**

1. For Peanut Dressing, combine all ingredients except cilantro in a blender.
2. Pulse briefly so mixture is slightly chunky. Stir in chopped cilantro by hand.
3. In a large bowl, add kale and rub leaves together until softened. Add the rest of the ingredients and Peanut Dressing. Toss until salad is well coated.
4. Divide salad into 4 equal portions

*Compliments of The Canyon Ranch Kitchen*