

SATAY CHICKEN PASTA SALAD

This delicious and colorful main-dish salad gets its distinct flavor from a simple dressing inspired by Thai peanut sauce.

- 8 oz uncooked bow tie pasta
- 1 cup lite Asian vinaigrette salad dressing
- 2 tbsp Asian Seasoning Mix
- 2 tbsp peanut butter
- 2 medium carrots, peeled
- 1 medium red bell pepper
- ½ cup dry-roasted peanuts
- 1 cup lightly packed fresh basil
- 3 cups diced cooked chicken (about 1 lb)
- Additional chopped peanuts (optional)

- 1 Cook pasta according to package directions in (4-qt.) Casserole. Drain pasta using Colander; rinse under cold running water. Once pasta is cool, transfer to Stainless (6-qt.) Mixing Bowl and set aside.
- 2 Meanwhile, for dressing, combine vinaigrette, seasoning mix and peanut butter in Small Batter Bowl; mix well using Stainless Whisk and set aside.
- 3 Cut carrots into julienne strips using Julienne Peeler. Cut bell pepper lengthwise into ¼-in. strips using (5-in.) Santoku Knife. Cut carrots and bell pepper strips crosswise into 1-in. pieces. Chop peanuts using Food Chopper and basil using Chef's Knife.
- 4 Add chicken, carrots, bell pepper, peanuts, basil and dressing to pasta; mix well. Garnish with additional chopped peanuts, if desired.

Yield: 6 servings (8 cups)

Nutrients per serving (about 1½ cups): Calories 450, Total Fat 16 g, Saturated Fat 2 g, Cholesterol 60 mg, Carbohydrate 45 g, Protein 31 g, Sodium 750 mg, Fiber 3 g

cook's tips

If desired, one 1-in. piece peeled fresh gingerroot, finely grated, 2 garlic cloves, pressed and ¼ tsp cayenne pepper can be substituted for the Asian Seasoning Mix.

For an attractive garnish, make carrot flowers. Starting at one end of a peeled carrot, use the scorer side of Zester/Scorer to create 5-6 lengthwise, evenly spaced grooves down the length of the carrot. Slice crosswise.



For peanut dressing, combine bottled Asian vinaigrette, Asian Seasoning Mix and peanut butter; whisk until smooth and set aside.



Cut carrots into julienne strips using Julienne Peeler; cut strips crosswise into 1-in. pieces.



Cut bell pepper lengthwise into ¼-in. strips; cut carrot and pepper strips crosswise into 1-in. pieces.



Chop fresh basil leaves using Chef's Knife. (Note: 1 cup lightly packed whole leaves will yield about ½ cup when chopped.)

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