

Chicken Salad-Ina Garten

Servings: 12

Source: Barefoot Contessa Parties! cookbook Nov. 02

Ingredients

- 8 Chicken Breasts, Bone In, Skin On
- Good Olive Oil
- Kosher Salt, Pepper
- 1 lb. Asparagus, Ends Cut Off, Cut In 3rds On Diagonal
- 2 Red Bell Peppers, Cored And Seeded
- 4 Scallions, Sliced Diagonally
- 2 White Sesame Seeds, Toasted
- 1 cup Vegetable Oil
- ½ cup Good Apple Cider Vinegar
- ⅓ cup Soy Sauce
- 3 Dark Sesame Oil
- 1 Honey
- 2 Garlic Cloves, Minced
- 1 teaspoon Fresh Ginger, Peeled, Grated
- 1 White Sesame Seeds, Toasted
- ½ cup Smooth Peanut Butter
- 4 teaspoons Kosher Salt
- 1 teaspoon Freshly Ground Pepper

Method

Preheat oven to 350°F.

Place the chicken breasts on a sheet pan and rub the skin with olive oil. Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until the chicken is just cooked. Set aside until cool enough to handle.

Remove the meat from the bones, discard the skin, and shred the chicken in large, bite-sized pieces.

Blanch the asparagus in a pot of boiling salted water for 3 to 5 minutes, until crisp-tender. Plunge into ice water to stop the cooking. Drain. Cut the peppers into strips, about the size of the asparagus pieces. Combine the shredded chicken, asparagus, and peppers in a large bowl.

Whisk together all of the ingredients for the dressing and pour over the chicken and vegetables. Add the scallions and sesame seeds and season to taste. Serve cold or at room temperature.