



ASIAN CHICKEN SALAD

Serves 4 to 6

Active time: 40 min Start to finish: 40 min

For vinaigrette

- 1/4 cup soy sauce
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons vegetable oil
- 1 tablespoon Asian sesame oil
- 1 tablespoon Dijon mustard
- 1 tablespoon finely grated peeled fresh ginger
- 1 teaspoon dried hot red pepper flakes

For salad

- 4 cups coarsely shredded cooked chicken (about 1 lb)
- 1/2 lb Napa cabbage, cut into 1-inch pieces (3 1/2 cups)
- 1/2 lb snow peas, cut diagonally into 1-inch pieces
- 1 seedless cucumber (usually plastic-wrapped), quartered lengthwise and cut into 1/2-inch pieces
- 3 scallions, finely chopped
- 1/2 cup chopped fresh cilantro

► Whisk together all vinaigrette ingredients.

► Toss salad ingredients with vinaigrette in a large bowl until combined well.

Fowl Play

LOOKING BEYOND THE CLASSIC chicken salad, we've dreamed up four variations that double as quick meals. Whether it's poached, grilled, or smoked, any chicken will do—you can even use a store-bought bird from the rotisserie or leftovers from yesterday's picnic.

CHICKEN AND WILD RICE SALAD

Serves 4 to 6

Active time: 30 min Start to finish: 1 1/2 hr

- 4 cups water
- 1 cup wild rice
- 1 1/2 teaspoons salt, or to taste
- 1/2 cup plus 2 tablespoons olive oil
- 1/4 cup Sherry vinegar
- 2 tablespoons Dijon mustard
- 1/2 teaspoon black pepper
- 4 cups cubed (1/2 inch) cooked chicken (about 1 1/4 lb)
- 2 celery ribs, cut into 1/4-inch-thick slices (2 cups)
- 1 medium red onion, finely chopped (1 cup)
- 2 Granny Smith apples, cut into 1/2-inch cubes

► Bring water to a boil in a 2-quart heavy saucepan, then add rice and 1 teaspoon salt. Reduce heat to low and cook, covered, until rice is tender and most grains are split open, 1 to 1 1/4 hours. Drain well and cool.

► Whisk together oil, vinegar, mustard, remaining salt (or to taste), and pepper. ► Combine rice with remaining ingredients in a large bowl, then gently toss with vinaigrette.

MEXICAN CHICKEN SALAD

Serves 4 to 6

Active time: 45 min Start to finish: 45 min

For dressing

- 1 firm-ripe California avocado, quartered, pitted, and peeled
- 1 cup sour cream
- 1/4 cup fresh lime juice
- 1 large garlic clove, finely chopped
- 1/4 teaspoons salt
- 1/2 teaspoon black pepper

For salad

- 4 cups coarsely shredded cooked chicken (about 1 lb)
- 1 lb jicama, peeled and cut into 1/4-inch-thick matchsticks
- 3 scallions, finely chopped
- 1/2 cup chopped fresh cilantro
- 1 teaspoon finely chopped fresh serrano chile

► Blend dressing ingredients in a blender until smooth.

► Toss salad ingredients with dressing in a large bowl until combined well.

CHICKEN SALAD WITH GRAPES AND WALNUTS

Serves 4 to 6

Active time: 35 min Start to finish: 35 min

- 4 cups cubed (1/2 inch) cooked chicken (about 1 1/4 lb)
- 1 cup walnuts, toasted (see Tips, page 165) and chopped
- 1 celery rib, cut into 1/4-inch-thick slices (1 cup)
- 2 tablespoons finely chopped shallot
- 2 cups halved seedless red grapes
- 1/4 cup mayonnaise
- 3 tablespoons tarragon vinegar
- 2 tablespoons finely chopped fresh tarragon
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

► Toss together all ingredients in a large bowl until combined well.

RECIPES by PAUL GRIMES