

Chicken Noodle Salad with Sesame Vinaigrette

PREP AND COOK TIME: About 40 minutes

MAKES: 3 or 4 servings

NOTES: For efficiency, rinse and cut the carrots, celery, and bean sprouts while cooking the chicken and rice noodles. You can prepare this salad's components through step 2 up to 1 day ahead; cover separately and chill.

- 2 boned, skinned chicken breast halves (5 to 6 oz. each), rinsed
- 8 ounces dried Asian wheat noodles (see "Four Types of Noodles," at left)
- 3 tablespoons sesame seeds
- 1 teaspoon vegetable oil
- 1 tablespoon minced garlic
- 1/2 cup rice vinegar
- 1/3 cup soy sauce
- 2 tablespoons sugar
- 1/4 teaspoon cayenne
- 2 carrots (6 oz. total), peeled and cut into 2-inch-long matchsticks
- 2 stalks celery (5 oz. total), rinsed and thinly sliced diagonally
- 4 cups bean sprouts (8 oz.), rinsed and drained
- 1/3 cup chopped fresh cilantro leaves

1. In a 5- to 6-quart pan over high heat, bring 2 1/2 to 3 quarts water to a boil. Add chicken and return to a boil; cover and remove from heat. Let stand until chicken is no longer pink in center of thickest part (cut to test), about 18 minutes. If still pink, return water to a simmer, cover, remove from heat, and let stand for a few more minutes. With tongs, lift chicken from water; let cool. Tear chicken into 1/2-inch-thick shreds.

2. Return water to a boil over high heat. Add noodles and cook, stirring occasionally, until barely tender to bite, 3 to 4 minutes. Drain, rinse with cold water until cool, and drain again thoroughly. Rinse and dry pan.

3. In the pan, over medium heat, stir sesame seeds in oil until golden, 2 to 4 minutes. Stir in garlic and remove from heat. Stir in vinegar, soy sauce, sugar, and cayenne. Spoon 3 tablespoons of the sesame vinaigrette into a small bowl and reserve. Add the noodles and half the carrots, celery, bean sprouts, and cilantro to pan; mix well.

4. Mound noodle mixture equally on dinner plates. Pour any dressing left in pan into bowl with reserved dressing. Top noodle



Hot-and-Sour Beef and Rice Noodle Salad

mixture with remaining carrots, celery, and bean sprouts, then all the chicken. Sprinkle with remaining cilantro. Serve with reserved dressing to drizzle over chicken to taste.

Per serving: 374 cal., 12% (44 cal.) from fat; 29 g protein; 4.9 g fat (0.8 g sat.); 58 g carbo (9.7 g fiber); 1,005 mg sodium; 41 mg chol.

Hot-and-Sour Beef and Rice Noodle Salad

PREP AND COOK TIME: About 50 minutes

MAKES: 4 servings

NOTES: You can prepare this salad through step 4 up to 4 hours ahead. Cover and chill dressing, meat, and salads separately, then finish assembly (step 5) just before serving.

- 1 beef flank steak (about 1 lb.)
- 8 ounces dried thin rice noodles (see "Four Types of Noodles," at left)
- 1/2 cup lime juice
- 1/4 cup Asian fish sauce (*nuoc mam* or *nam pla*) or soy sauce
- 1/4 cup sugar (2 tablespoons if using soy sauce)
- 1 tablespoon minced garlic
- 3 to 4 teaspoons minced fresh serrano chiles
- 2 quarts salad greens (5 oz.), rinsed and crisped
- 1 cup cherry tomatoes (8 oz.), rinsed, stemmed, and halved
- 1/2 cup thinly slivered red onion, rinsed
- 1/3 cup fresh mint leaves, rinsed
- 1/3 cup fresh cilantro leaves, rinsed

1. Rinse steak and pat dry. Lay on a grill 4 to 6 inches above a solid bed of hot coals or