



Jonathan's Chicken & Broccoli Salad

¾ lb chicken breast

1 ear corn on the cob

2-3 heads of broccoli

1 orange bell pepper

½ cup dried sweetened cranberries

½ cup cashews, chopped into large chunks

Other vegetables, if desired (asparagus tips, shredded carrot, grape tomatoes, etc.)

2 tbsp mayonnaise

1 tbsp mustard

1 tbsp red wine vinegar

1 tsp lemon juice

Salt & pepper to taste

1. Cut the chicken into bite-sized pieces and sauté over medium heat until cooked through. Remove (don't drain) and put in the refrigerator to cool.
2. Shuck and cook the ear of corn. I do this by putting a little water in the bottom of a large fry pan and steaming the corn for 10 minutes. When it's done, shave the corn off the cob.
3. Wash your broccoli, bell pepper, and any other vegetables, and chop them into bite-sized pieces.
4. Add the chopped vegetables, corn, cranberries, and cashews to a large mixing bowl. Add the chicken from the refrigerator, and stir with a wooden spoon or spatula to mix. It's ok to include the juices from the chicken – it will add moisture to the salad.
5. Combine the mayo, mustard, vinegar, lemon juice, salt and pepper in a small mixing bowl and whisk together. When the dressing is mixed, add it to the salad, a little at a time. Stir thoroughly, coating all the ingredients.
6. Chill and serve. This salad will keep in the refrigerator for several days, so it works well for work-week lunches.

Variations

- Try a block of extra firm tofu in place of the chicken for a vegetarian alternative.
- Either chicken or tofu can be seasoned in the fry pan to add another flavor. I like curry powder and a little crushed red pepper to give it some bite. Or add sweet and sour sauce when cooking to give it a sweet glaze.