

Rice Noodle and Chicken Salad

SERVES 10

Recipe adapted from A School Food Revolution, Alice Waters' forthcoming school food manifesto

This all-in-one salad has everything— noodles, vegetables, chicken, and a bright soy-sesame dressing. For a vegetarian version, substitute firm tofu for the chicken.

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Makes 10 servings

Ingredients

1 tablespoon kosher salt
1 pound chicken breast on the bone
1 pound organic brown rice noodles
1 tablespoon vegetable oil
2 carrots
2 small cucumbers
¼ small head red cabbage
5 small heads Little Gems
4 scallions
1 bunch cilantro
1 2-inch piece of ginger
2 tablespoons gluten free soy sauce
2 tablespoons vegetable oil
1 teaspoon toasted sesame oil
2 ½ tablespoons rice vinegar
½ teaspoon kosher salt
2 tablespoons toasted sesame seeds

Directions

1. In a medium-size pot, bring 2½ quarts of water to a boil.

2. Add 1 tablespoon of salt and reduce to a simmer.
3. Add the chicken breast and poach for 30 minutes until cooked through.
4. Remove from the water and let cool.
5. Reserve the chicken poaching liquid to use as a delicious soup base for another recipe.
6. Cook/rehydrate the noodles according to the package directions.
7. Strain the noodles and rinse under cold water.
8. Drizzle with a little vegetable oil and spread out on a sheet tray so they don't stick together.
9. Peel the carrots and slice them thinly lengthwise on a slight bias into 3-inch long slices.
10. Lay the slices face down and then cut into thin matchsticks.
11. Cut the cucumbers into matchsticks in the same manner.
12. Cut the red cabbage in half lengthwise, remove the cores, and cut crosswise in fine shreds.
13. Slice the scallions into thin slivers on a slight bias.
14. Roughly chop the cilantro, including the stems.
15. Combine the vegetables and cilantro in a large mixing bowl.
16. For the dressing, grate the ginger on a microplane or the small holes of a box grater.
17. Use a knife to mince the grated ginger to cut up any fibrous strands.
18. Put the ginger in a small bowl and add the soy sauce, vegetable oil, sesame oil, rice vinegar, $\frac{1}{2}$ teaspoon of salt, and sesame seeds.
19. Mix well, taste for seasoning and balance, and adjust with more salt or vinegar as needed.
20. When the chicken is cool, use your hands to shred the tenders into small bite-size pieces.
21. Add the chicken and rice noodles to the bowl of vegetables and pour in the dressing.
22. Toss well to combine and let sit for a few minutes before serving for the flavors to come together. Serve on whole Little Gems leaves.