

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

What's Cookin' – Warm Chicken Salad with Orange Sesame Dressing

By News Canada

What's Cookin' – Warm Chicken Salad with Orange Sesame Dressing

by: News Canada

(NC)–Serves 4

6 cups mixed salad greens

1/2 red pepper; cut into strips

1/2 small red onion, sliced

1/2 lb Maple Lodge Farms Premium Rotisserie Seasoned

Chicken Breast cut into strips

1 tbsp olive oil

1 cup bean sprouts

Dressing

juice of 1 orange

1/2 tsp grated orange rind

2 tbsp sesame oil

1 tsp dijon mustard

freshly ground pepper, to taste

Method

1. Combine dressing ingredients; set aside.
2. Divide greens among 4 individual serving plates.
3. Top with red pepper and onion slices.
4. In a skillet, stir fry premium rotisserie seasoned chicken breast in olive oil until lightly browned.
5. Whisk dressing and add to pan; heat for 30 seconds.
6. Pour equally over salad plates and top with bean sprouts. Serve immediately.

News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas for Television, Print, Radio, and the Web.

News Canada

is a niche service in public relations, offering access to print, radio, television, and now

News Canada

and learn more about

the NC services.

How Sesame and Sunflower Seeds Can Relieve Constipation

By Rudy Silva

them and eating them.

<http://www.stop-constipation.com>

or at

<http://www.constipation-remedies.for--you.info>

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!