

MESMERIZING MELON CHICKEN SALAD (Whitley Co. HS)

1 cup rice vinegar
½ cup low sodium soy sauce
3 Tbs. dark sesame oil
12 cup cantaloupe, sliced
12 cups honeydew melon, sliced
2 cups cucumber, peeled into strips

¾ cup green onion, thinly sliced
8 cups chicken breast, cooked and shredded
Optional: *12 cups of salad greens*
Optional: *tortilla or pita pockets*

Chicken Breast

6 lb. large chicken breast
2 onions, sliced or chopped
6 stalks of celery, chopped
5 cloves of garlic, minced
2 tsp. thyme, finely chopped

3 Tbs. parsley, chopped
2 tsp. kosher salt
½ tsp. black pepper
Water to cover

Combine all ingredients under chicken breast in stock pot and cook on medium high until chicken is done, let cool, and shred. (Stock is not used for this recipe.) Combine rice vinegar, low sodium soy sauce, honey, and dark sesame oil in bowl and whisk. Add in melons, cucumbers, and onion to the mixture. Place part of this mixture on a plate (using either tortillas or pitas) and add shredded chicken on top. You may add salad greens on top if you like.