

Spicy Ranch Chopped Chikn Salad



COURSE

Lunch, Salads



SERVINGS

7 servings



CALORIES

497 kcal

INGREDIENTS

For the chick'n:

- 14 oz soy curls for soy-free, use seitan or another soy-free mock meat
- ~10c hot water to rehydrate curls
- 1 ½ Tbsp maple syrup
- ¾ c lime juice
- 1 ½ tsp chili powder
- 1 ½ tsp cumin
- ¾ tsp garlic powder
- ¾ tsp paprika
- ¼ tsp cayenne pepper
- ¾ tsp salt
- Freshly ground black pepper

For the salad:

- 10 c shredded cabbage any color
- 1 c green onion diced
- 1 c cilantro diced
- 1 c shredded carrots
- 2 red bell peppers diced
- 2 jalapeños seeded and diced

- ½ c roasted sunflower seeds
- 2 ½ c frozen corn thawed

For the spicy ranch:

- 1 ½ c plain vegan Greek yogurt
- 1 ½ tsp garlic powder
- ½ tsp onion powder
- 3 tsps lemon juice
- 1 ½ tsp dried dill or 1 Tbsp fresh chopped chives
- ½ tsp salt
- 4-6 Tbsps water to thin dressing
- 2-5 tsps hot sauce depending on how spicy you like it. (I love Franks!)

INSTRUCTIONS

1. Rehydrate your soy curls for at least ten minutes in warm water. Squeeze the water out of them with your hands.
2. In a large bowl, add hydrated soy curls, maple syrup, lime juice, chili powder, cumin, garlic powder, paprika, cayenne pepper, salt, and freshly ground black pepper. Toss well to combine, then place in the fridge until ready to use (at least 30 minutes. Longer is ok).
3. Place all ingredients for the salad in the bowl, except the dressing.
4. Make your dressing by combining in a medium bowl or Mason jar: vegan Greek yogurt, garlic powder, onion powder, fresh lemon juice, dried dill, salt, water, and hot sauce. Mix or shake until well combined, taste, and add more hot sauce if you like it spicier.
5. Preheat your grill pan over medium-high heat. Place your soy curls on your preheated grill, and cover. Cook for 6-8 minutes, then flip, and cook for another 6-8 minutes
6. Divide your salad into 7 containers and top evenly with the soy curls. Wait until just before serving to top with dressing so it doesn't get soggy.

NUTRITION

Nutrition Facts

Spicy Ranch Chopped Chikn Salad

Amount Per Serving (1 serving)

Calories	497	Calories from Fat	153
% Daily Value*			
Fat	17g	26%	
Carbohydrates	53g	18%	
Protein	32g	64%	

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!