



*See Sunday prep instructions

TUESDAY: GRILLED THAI CHICKEN SALAD

Prep: 10 min Grill: 10 min Serves: 4

- 2 boneless skinless chicken breasts (about 1 lb), marinated from Sunday prep**
- 1/2 cup Longo's Signature Thai Grilling and Cooking Sauce, divided**
- 1/2 pkg (454 g) rice vermicelli noodles**
- 3 tbsp chopped fresh Longo's Mint**
- 8 large Boston lettuce leaves**

Soak noodles in a bowl of hot water for 10 minutes or until tender.

Grill chicken on greased grill over medium-high heat for about 7 minutes, turning once until no longer pink inside. Remove to cutting board and slice thinly.

Drain noodles well and toss with 1 tbsp Longo's 100% Pure Canola Oil and sauté in grill basket with remaining 1/4 cup of the cooking sauce and mint for 3 minutes to heat through. Place noodles in lettuce cups and top with chicken. Drizzle with more Longo's Thai Grilling and Cooking Sauce to serve, if desired.

**\$3.04/
serving**



Per serving: 450 calories; 27 g protein; 10 g fat; 49 g carbohydrate; 1 g fibre; 8 g sugars; 510 mg sodium.