



Asian Chicken & Bean Salad

shared by:
TVF&R Fire Station 67
13810 SW Farmington Rd., Beaverton



Asian Grilled Chicken

- 6 boneless, skinless chicken breasts
- ¼ cup honey
- 3 tablespoons red wine vinegar
- ¼ cup reduced-sodium soy sauce
- 1 clove garlic, minced
- 2 tablespoons chopped fresh parsley
- 1/8 teaspoon red pepper flakes
- 2 teaspoons grated fresh ginger or 1 teaspoon ground ginger

In a large bowl, combine all marinade ingredients and mix well. Rinse chicken pieces and pat dry with paper towels. Add chicken to marinade and turn to coat all pieces. Cover and refrigerate for at least 2 hours, turning occasionally. Place chicken on the grill. Brush pieces with marinade and turn frequently. Grill until chicken is cooked through.

Sesame Green Bean Salad

- 1 pound fresh green beans, trimmed
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons canola oil
- 1 teaspoon sugar
- 1 teaspoon cider vinegar
- 1 teaspoon sesame oil
- ¼ teaspoon salt
- 2 teaspoons sesame seeds

Place the beans in a large saucepan and cover with water. Bring to a boil. Cook, uncovered for 8-10 minutes or until crisp-tender. Drain and rinse in cold water; pat dry. Place in a serving bowl. In a small bowl, whisk the soy sauce, canola oil, sugar, vinegar, sesame oil, and salt. Pour over beans and toss to coat. Sprinkle with sesame seeds; toss again.

Located in Central Beaverton, Station 67 is the busiest station in the District with the highest volume of calls. Station 67 houses nine firefighters who staff an engine, truck, and CAR. This station was developed with the "Community Fire Station" concept in mind. It also has a slide pole!