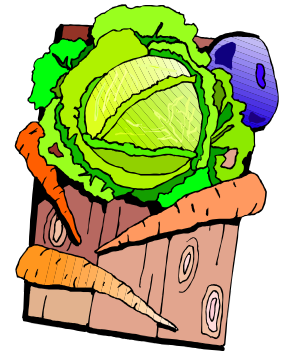


Chinese Chicken Salad

2 servings

Estimated cost per serving: \$2.00

- 4 cups shredded cabbage or broccoli slaw mix
- 4 green onions, sliced thinly
- $\frac{1}{2}$ medium sweet red pepper, diced
- 1 (10 oz) can mandarin oranges in light syrup, well drained
- $1\frac{1}{2}$ cups cooked chicken, diced or shredded (about 2 chicken breasts)
- $\frac{1}{2}$ cup crunchy chow mein noodles*
- 2 Tbsp rice (or white wine) vinegar
- 1 Tbsp water
- 1 Tbsp sugar
- 1 Tbsp canola oil
- $\frac{1}{2}$ Tbsp 'lite' soy sauce



- 1) Toss together cabbage mix, onions, red pepper, oranges & chicken in a large bowl.
- 2) In a small bowl, make the dressing by whisking the vinegar, water, sugar, oil and soy sauce together. **
- 3) Pour the dressing over the salad mixture and toss.

* You can substitute uncooked ramen noodles for the chow mein noodles. Break up one half of the noodles in a 3 oz. package, discarding the seasoning mix.

** Don't have all of the ingredients to make the dressing? Try Good Season's Asian Sesame Salad Dressing - use 2 Tbsp per serving of salad.

Nutrition Facts, per serving: 370 calories, 12g total fat, 1.5g saturated fat, 50mg cholesterol, 370mg sodium, 45g carbohydrate, 6g dietary fiber, 24g protein

Good source of Vitamin A, Vitamin C, Calcium, Iron and Dietary Fiber

Pyramid servings: 1 grain, 2 $\frac{1}{2}$ cups vegetables, 1 cup fruit, 3 oz meat and beans

Nutrition Notes: Salads make a filling and nutritious meal if you choose the right ingredients. A recent study conducted by UCLA and Louisiana State University researchers found that regular salad eaters have much higher blood concentrations of important nutrients like vitamins C and E, folic acid, lycopene and beta carotene. That's because raw vegetables like lettuce, cabbage, peppers, carrots, etc. are FULL of vitamins, minerals & phytochemicals. Penn State nutrition researcher, Barbara Rolls, found that eating a large **low-fat** vegetable salad (limiting the dressing, cheese, croutons, etc.) as a first course resulted in a lower overall calorie intake at meals. Salads are high in water content & dietary fiber - both help you to feel full!

Questions or comments???

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