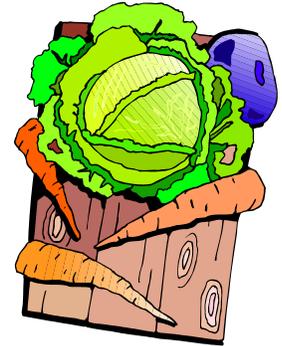


## Chinese Chicken Salad

2 servings

- 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

**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!