

# ASIAN CHICKEN SALAD

## INGREDIENTS

- 1 medium head **romaine lettuce**
- 1 rib **celery**
- 1 medium **carrot**
- 1 pound **cooked chicken breast**
- Optional:
  - Chopped **green onions**
  - Chopped **Chinese parsley (cilantro)**
  - **Toasted sesame seeds**
  - **Wonton strips/chips**
  - 1 (11 ounce) can **mandarin oranges in light syrup**, drained

## Dressing:

- 3 tablespoons **sugar**
- 2 tablespoons **water**
- ¼ cup **apple cider vinegar**
- 1 tablespoon **sesame oil**
- 1 tablespoon **less sodium soy sauce**

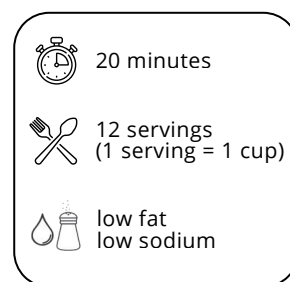
## DIRECTIONS

Always practice food safety when cooking.

- 1) Tear lettuce into bite-sized pieces. Set aside.
- 2) Cut celery into ¼ inch slices. Set aside.
- 3) Cut carrot into thin ⅛ inch strips, like matchsticks. Set aside.
- 4) Shred chicken.
- 5) In a large bowl, combine lettuce, celery, carrot, and chicken.
- 6) Optional: Add chopped green onions, chopped Chinese parsley, and toasted sesame seeds.
- 7) In a medium jar, combine the dressing: sugar, water, vinegar, sesame oil, and soy sauce. Shake well. Cover and refrigerate until ready to use.
- 8) Just before serving, shake and pour the dressing on the salad and toss.
- 9) Optional: Add wonton strips/chips and mandarin oranges on top.

## NOTES

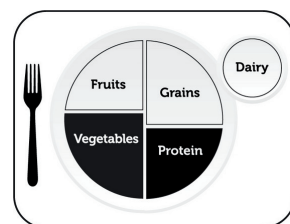
- Cooked shredded turkey or sliced char siu (roast pork) can be used in place of chicken.
- Canned chicken breast could also be used instead of shredded chicken.
- Rice wine vinegar or white wine vinegar can be a substitution for apple cider vinegar.



20 minutes

12 servings  
(1 serving = 1 cup)

low fat  
low sodium



Nutrition Facts	
12 servings per container	
Serving size 1 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 390mg	17%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 6g Added Sugars	12%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 1mg	6%
Potassium 470mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.