

## Chinese Chicken Salad

8 servings

Balancing the calories you eat with the calories our body uses, will help you maintain a healthy weight and prevent disease.

- 4 ½ cups shredded cabbage
- 1 Ramen noodle package
- 1 teaspoon sugar (optional)
- ¼ cup vinegar (rice or white wine)
- 1 Tablespoon vegetable oil
- 1 teaspoon Ramen noodle flavor packet
- ½ cup bell pepper, gently rubbed under cold running water, chopped
- ¼ cup scallions, gently rubbed under cold running water, minced
- ½ cup unsalted peanuts OR sliced almonds
- 1 (12.5 ounce) can of chicken\*



1. Wash hands with soap and water.
2. Gently rub cabbage under cold running water, then shred with either a knife or grater. Set aside.
3. Break up Ramen noodles. Set aside.
4. Make dressing in a small bowl by combining sugar, vinegar, oil and 1 teaspoon of the Ramen noodle flavor packet. Stir well and set aside.
5. In a large bowl, combine bell pepper, scallions, and nuts. Add chicken and cabbage. Stir gently.
6. Pour dressing over cabbage mixture and stir gently. Top the cabbage mixture with broken noodles.
7. Although this recipe is best when eaten right away, leftovers can be stored in a sealed container in the refrigerator for up to four days.

\*Use 2 cooked chicken breasts, (heated to an internal temperature of 165 °F as measured with a food thermometer) in place of canned chicken. For more color and nutrients, add one (8 oz.) can of drained mandarin oranges to the salad.

**Nutrition Information per Serving (1/8 of recipe):** Calories 220, Total Fat 9g, Saturated Fat 1.5g, Cholesterol 60mg, Sodium 430mg, Total Carbohydrates 13g, Fiber 2g, Total Sugars 3g, includes 1g Added Sugars, Protein 23g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 8%.

Recipe Source: MyPlate Kitchen, Connecticut Food Policy Council Farm Fresh Summertime Recipes