

RECIPE:

Chinese Chicken Salad

Number of Servings: 8



Ingredients:

- 1 (12.5 ounce) can of chicken (optional)
- 4 1/2 c. shredded cabbage
- 1 tsp. sugar (optional)
- 1/4 c. vinegar (rice or white wine)
- 1 Tbsp. vegetable oil
- 1 tsp. Ramen noodle flavor packet
- 1/2 c. bell pepper, chopped
- 1/4 c. minced scallions
- 1/2 c. unsalted peanuts
- 1 Ramen noodle package, oriental flavored

Directions:

1. Wash hands with soap and water.
2. Rinse cabbage under cool running water. Shred the cabbage with a knife or grater. Set aside.
3. Break up noodles. Set aside.
4. In a small bowl make dressing with sugar, vinegar, vegetable oil and 1 tsp. flavor packet. Stir well.
5. In a large bowl, add peppers, scallions, unsalted peanuts and other vegetables if you like. Add cabbage and cooked chicken.
6. Pour on dressing and combine. Break up noodles, sprinkle on top.
7. Serve cold. Store leftovers in a sealed container in the refrigerator.

Options: Use 2 cooked chicken breasts, chopped (heated to 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. Substitute sliced almonds for unsalted peanuts. Use 4 1/2 cups of cabbage salad mix instead of shredded cabbage.

Nutrition Info:

Nutrition Facts

8 servings per container	
Serving size	1 cup
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 330mg	14%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	6%
Potassium 338mg	8%

*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.

Recipe Credit: USDA Mixing Bowl