

Chinese Chicken Salad

2 servings

What you need:

- 4 cups shredded cabbage or broccoli slaw mix
- 4 green onions, sliced thinly
- ½ medium sweet red pepper, diced
- 1 (10 oz) can mandarin oranges in light syrup, well drained
- 1 ½ cups cooked chicken, diced or shredded (about 2 chicken breasts)
- ½ cup crunchy chow mein noodles
- 2 Tbsp rice (or white wine) vinegar
- 1 Tbsp water
- 1 Tbsp sugar
- 1 Tbsp canola oil
- ½ Tbsp 'lite' soy sauce



All you do:

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.

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