



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 ¹/₂ cups shredded cabbage
- 1 Ramen noodle package
- 1 teaspoon sugar (optional)
- 1/4 cup vinegar (rice or white wine)
- 1 Tablespoon vegetable oil
- 1 teaspoon Ramen noodle flavor packet
- $^{1\!\!/_2}$ cup bell pepper, gently rubbed under cold running water, chopped
- 1/4 cup scallions, gently rubbed under cold running water, minced
- 1/2 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

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