Chinese Chicken Salad

Ingredients

- 4 cups shredded cabbage
- 4 green onions, sliced thinly
- 1/2 red pepper, diced
- 1 (10 ounces) can mandarin oranges, drained
- 1 1/2 cups cooked chicken, diced or shredded
- 1/2 cup chow mein noodles
- 2 tablespoons rice (or white wine) vinegar
- 1 tablespoon water
- 1 tablespoon sugar
- 1 tablespoon canola oil
- 1/2 tablespoon soy sauce

Directions

1. In a large bowl toss together cabbage, onions, red pepper, oranges & chicken.
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.
4) Top with chow mein noodles

Makes 2 servings

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