

Chinese Chicken Salad

Ingredients

4 cups shredded cabbage	½ cup chow mein noodles
4 green onions, sliced thinly	2 tablespoons rice (or white wine) vinegar
1/2 red pepper, diced	1 tablespoon water
1 (10 ounces) can mandarin oranges, drained	1 tablespoon sugar
1 1/2 cups cooked chicken, diced or shredded	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*