



Chinese Chicken Salad

8 Servings



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- 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 cabbage with 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.

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