Chinese Chicken Salad 8 servings



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Nutrition Information: Serving Size (1 cup): 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%

Ingredients

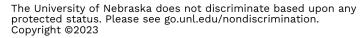
- 4½ cups shredded cabbage
- 1 Ramen noodle package, oriental flavored
- 1 teaspoon sugar (optional)
- 1/4 cup vinegar (rice or white wine)
- 1 Tablespoon vegetable oil
- 1 teaspoon Ramen noodle flavor packet
- ½ cup bell pepper, gently rubbed under cold running water, chopped
- ¼ cup scallions, gently rubbed under cold running water, minced
- ½ cup unsalted peanuts OR sliced almonds
- 1 (12.5 ounce) can of chicken

Instructions

- 1. Wash hands with soap and water.
- 2. Rinse cabbage under cool running water. Shred the cabbage with a knife or grater. Set aside.
- 3. Break up noodles. Set aside.
- 4. In a small bowl, combine sugar, vinegar, vegetable oil and 1 teaspoon flavor packet. Stir well. Set aside.
- 5. In a large bowl, combine peppers, scallions, and unsalted peanuts. Add chicken and cabbage. Stir gently.
- 6. Pour the dressing over the cabbage mixture. Stir gently. Top with broken noodles.
- 7. Although this recipe is best eaten right away, leftovers can be stored in a sealed container in the refrigerator for up to four days.

Recipe Source: Adapted from MyPlate Kitchen, Connecticut Food Policy Council Farm Fresh Summertime Recipes.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.





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