

Chinese Chicken Salad

8 servings



Ingredients

- 4½ cups shredded cabbage
- 1 Ramen noodle package, oriental flavored
- 1 teaspoon sugar (optional)
- ¼ 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



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

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%

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.



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