

Chinese Chicken Salad

Ingredients:

1 package oriental-flavored Ramen noodles
16 ounces cabbage, shredded (or cabbage salad mix)
¼ cup scallions, minced
½ cup bell pepper (red or green)
2 cooked chicken breasts, chilled and cut into cubes
½ cup unsalted dry-roasted peanuts

Dressing:

1 tablespoon olive oil
¼ cup vinegar (rice or white wine)
1 Ramen noodle flavor packet
1 teaspoon sugar (optional)

Preparation:

1. Rinse coleslaw and drain; set aside.
2. Break up noodles; set aside.
3. In a small bowl make dressing with sugar, vinegar, olive oil, and flavor packet. Stir well.
4. In a large bowl, add peppers, scallions, and unsalted peanuts. Add other vegetables, if you like. Add chicken and cabbage or cabbage salad mix.
5. Pour on the dressing and combine. Serve cold.

Yields 8 (½ cup) servings

Nutritional Information Per Serving: 190 calories, 11g protein, 16g carbohydrate (3g fiber), 10g fat, 20mg cholesterol, 310mg sodium

Source: U.S. Department of Agriculture

