

Zesty Asian Chicken Salad

Ingredients

3 boneless skinless chicken breasts cooked and chilled

3 green onions sliced

1 ½ cups small broccoli florets

2 medium carrots peeled and cut into strips

1 red bell pepper cut into strips

2 cups shredded red cabbage

¼ cup 100% orange juice

¼ cup fresh cilantro chopped

4 ½ tablespoons Hoisin sauce

2 ¼ tablespoons water

2 ¼ tablespoons rice vinegar seasoned

1 ½ tablespoons fresh garlic minced

1 ⅛ tablespoons fresh ginger root minced

1 ¼ teaspoons sesame oil



Makes 4, 1 cup servings

Prep time: 20 minutes

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Preparation

Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage. In a small bowl, combine hoisin sauce, water, vinegar, garlic, ginger, orange juice and sesame oil, whisk to combine. Pour over salad and toss well to coat. Stir in cilantro and serve at room temperature.

Nutritional information per serving

Calories 184

Carbohydrate 13 g

Dietary Fiber 4 g

Protein 22 g

Total Fat 1 g

Saturated Fat 1 g

Trans Fat 0 g

Cholesterol 55 mg

Sodium 290.25 mg

Recipe: Everyday Healthy Meals