



Zesty Asian Chicken Salad

A colorful salad packed with a variety of healthy foods.

Makes 4 servings. 1 cup per serving.

Prep time: 20 minutes

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Ingredients

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| 3 boneless, skinless chicken breasts, cooked and chilled | 1 red bell pepper, cut into strips |
| 3 green onions, sliced | 2 cups shredded cabbage |
| 1½ cups small broccoli florets | ½ cup fat free Asian or sesame salad dressing |
| 2 medium carrots, peeled and cut into strips | ¼ cup 100% orange juice |
| | ¼ cup chopped fresh cilantro |

Preparation

1. Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.

Nutrition information per serving: Calories 184, Carbohydrate 13 g,
Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg