

Asian Chicken Salad

This recipe is a good source of vitamin A, which keeps eyes and skin healthy; vitamin C, which keeps gums and blood vessels healthy; and iron, which carries oxygen in our blood.

Ingredients:

- 10 ounce bag **salad greens** or other lettuce
- 1 medium **carrot**, grated
- 1 bunch **green onions**, sliced diagonally
- 1/2 cup **cilantro** leaves, chopped
- 1 8-ounce can **water chestnuts**, drained and rinsed
- 1 11-ounce can **mandarin oranges**, drained
- 1 6-ounce package **snow peas**, sliced diagonally
- 2 cups skinless, boneless **chicken** meat, shredded

Dressing

- 1/3 cup **rice vinegar**
- 3 tablespoon **soy sauce**
- 2 teaspoon **sugar**
- 1 1/2 tablespoon **toasted sesame oil**
- 1 1/2 teaspoon **hot chili oil**

Directions:

1. Mix dressing ingredients in a small bowl.
2. Toss greens, carrot, onion, and cilantro with dressing
3. Drain mandarin oranges, water chestnuts, and chicken add to salad; lightly toss.
4. Sprinkle with chopped peanuts.
5. Refrigerate leftovers within 2-3 hours.

Tips:

- Sprinkle with chopped, dry roasted peanuts.
- Serve with whole grain bread for a complete meal.

Nutrition Facts	
Serving Size 2 cups (263g)	
Servings Per Container 6	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 730mg	30%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	16%
Sugars 11g	
Protein 15g	
Vitamin A 70%	• Vitamin C 40%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: 2007. Holly Pederson, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>.