



Chinese Chicken Salad



2 cups cooked, shredded chicken
1 cup shredded red cabbage
1/2 cucumber, chopped
1 1/2 cups romaine lettuce, torn
1 green onion, chopped
2 Tablespoons sliced almonds
1 Tablespoon sesame seeds

Dressing:
1/8 teaspoon black pepper
1/2 teaspoon salt
1 Tablespoon sugar
2 Tablespoons apple cider vinegar
1 1/2 teaspoons toasted sesame oil
2 teaspoons olive oil

Instructions: Combine chicken, cabbage, cucumber, lettuce and green onion in a large bowl. In a small bowl, whisk together all ingredients for dressing. Toss salad with dressing until evenly coated. Top with sliced almonds and sesame seeds.

Yield: 2 servings

Nutrition Facts (per serving): 375 calories, 23 grams fat, 188 milligrams sodium, 11 grams carbohydrate, 3 grams fiber, 32 grams protein