



chicken asian salad

SERVES: 1

PREP: 10 MIN.

ingredients

3 oz. cooked chicken breast, cut in cubes

3 cups leaf lettuce, Boston, or romaine lettuce, torn in bite-size pieces

1 medium tangerine or orange, cut into chunks

½ cup sugar snap peas, cut in half

1 stalk celery, sliced

½ onion, diced

1 T. sliced almonds

1 tsp. peanut oil

3 T. rice wine vinegar

1 tsp. sesame seeds

preparation

- Combine all ingredients except oil and vinegar in a large salad bowl.
- Combine oil and vinegar in a small jar.
- Shake well and drizzle over the salad.
- Sprinkle sesame seeds over the salad and serve.

EXCHANGES: 3 protein, 1 fat, 3 vegetable, 1 fruit

NUTRITIONALS: 300 calories, 26 g protein, 9 g fat, 31 g carbs, 8 g fiber