

Taste of Home

Asian Chicken Salad

From Penny, General Manager at Parkland Fredericton



Ingredients

Salad:

- 4 boneless, skinless chicken breasts (grilled and sliced)
- 1 pkg baby greens salad mix
- 1/2 cup sliced almonds.
- 1/2 cup scallions
- 1/2 cup chow mein noodles or wonton strips

Soy Ginger Dressing

- 1/3 cup olive oil
- 2 tbsp soy sauce
- 1/2 lemon, juice only (approx. 1 1/2tbsp)
- 1 tbsp minced fresh gingerroot (you can find pureed ginger in a bottle in the produce dept.)
- 2 tbsp minced fresh garlic.
- 1/4 tsp Dijon Mustard
- 1/3 tsp honey

Serves 4 = Per serving: 453 calories, 32g protein, 11g carbs, 32g fat, 3g fibre.