



# ORIENTAL CHICKEN SALAD



**Number of servings:** 8

## Ingredients:

- 1 pound cooked chicken pieces
- 1 head iceberg lettuce
- 1 head Manoa lettuce
- 1 rib celery
- 1 medium carrot
- Optional: 1 (3-ounce) package won ton strips/chips
- 1-2 leaves green onions
- 1 bunch Chinese parsley
- 1 tablespoon toasted sesame seeds

## Dressing:

- 3 tablespoons sugar
- 2 tablespoons water
- ¼ cup vinegar
- 1 tablespoon sesame oil
- salt and pepper to taste

## Directions:

1. SHRED chicken.
2. TEAR lettuce into bite-sized pieces.
3. SLICE celery and carrot.
4. In a medium jar, COMBINE the dressing: sugar, water, vinegar, sesame oil, salt and pepper. SHAKE well. COVER and REFRIGERATE until ready to use.
5. In a large bowl, COMBINE chicken, lettuce, celery, and carrots.
6. Optional: ADD CRUSHED won ton strips/chips  
ADD green onions and Chinese parsley (cut into 1 ½ inch lengths)  
ADD toasted sesame seeds
7. TOSS the salad and POUR dressing just before serving.

## Variations:

Layer the vegetables and meat for a different effect.

Other lettuce options including Romaine, green leaf and red leaf may be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.

## Nutrition Facts

Serving Size 1 cup (184g)  
Servings Per Container 8

Amount Per Serving

**Calories** 160 **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g 9%

**Saturated Fat** 1.5g 6%

**Trans Fat** 0g 0%

**Cholesterol** 45mg 15%

**Sodium** 100mg 4%

**Total Carbohydrate** 9g 3%

**Dietary Fiber** 2g 5%

**Sugars** 6g

**Protein** 19g

Vitamin A 40% ■ Vitamin C 10%

Calcium 4% ■ Iron 6%

\*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	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4