

Chinese Chicken Cabbage Salad

Servings: 4

Ingredients

- 1 small head red (4-inch) cabbage
- 1 lb. boneless, skinless chicken breast
- 3 green onions, cut into ¼-inch pieces
- 3 Tbl. sesame seeds (toasted)
- ¼ c. slivered almonds
- 1½ Tbl. canola oil
- ½ Tbl. toasted sesame seed oil
- 2 Tbl. honey
- 3 Tbl. rice vinegar
- 3 Tbl. light mayonnaise

Directions:

1. Place chicken in a shallow casserole dish sprayed with cooking spray, and broil (use 2nd rung from the top) for about 10-minutes on each side. Use a knife to check the thickest part of the breast to make sure it's fully cooked, and add more time as needed.
2. Rinse cabbage and remove outer leaves. Chop by hand, or use a food processor to shred.
3. Toast sesame seeds over med-low heat until they start to brown and smell yummy.
4. [Dressing] Mix canola oil, sesame oil, honey, rice vinegar. and mayonnaise until smooth.
5. Add green onions, sesame seeds, and dressing to the shredded cabbage, and toss well.
6. Divide equally between 4 plates, and serve immediately topped with diced broiled chicken breast.

Nutrition: (Serving size: ¼th Recipe)

<i>calories:</i> 417	<i>protein:</i> 37.3g	<i>total carbohydrate:</i> 26g	<i>total fat:</i> 19.2g
<i>sugars:</i> 16.7g	<i>sodium:</i> 410mg	<i>dietary fiber:</i> 5.1g	<i>saturated fat:</i> 2.4g