

CHINESE CHICKEN SALAD

(6 SERVINGS – for light eaters!!!)

***1 head Chinese Napa cabbage
2 chicken breasts, skinned, cooked and shredded
chives or green onions (to taste)
1 small can (about 8 oz. Chinese crisp noodles
4 tablespoons sesame seeds (toasted)
1 package (2 oz) sliced almonds***

DRESSING

***1 cup peanut oil
6 tbsp rice wine vinegar
2 tbsp brown sugar
2 tbsp light soy sauce
1 tsp pepper
½ tsp salt***

Shred cabbage and combine with the shredded chicken breasts and chives. Mix lightly. Gently toss in the Chinese noodles, sesame seeds and sliced almonds just before putting on the dressing.

Prepare dressing by processing oil, sugar, vinegar, soy sauce pepper and salt in blender until well blended. Pour dressing over chicken mixture and toss until well coated.