



Chinese Chicken Salad

From dulcetcuisine.com

1 lb boneless, skinless chicken breast
 $\frac{1}{2}$ head green leaf lettuce,
cut into thin strips
 $\frac{1}{4}$ head purple cabbage,
cut into thin strips
1 carrot, grated
1/2 red pepper, bite size diagonal slice
1/2 c pea pods, thin diagonal slice

1/2 c celery, thin diagonal slice
1/2 c bean sprouts
Dulcet Toasted Sesame & Ginger Asian Sauce

Optional Crunchy Toppings:(See Page 2 of this recipe)
Rice Noodles
Caramelized Cashews

1. Season chicken with salt and pepper, grill, bake or broil, cut into strips.
 2. Place all vegetables and lettuce in a large bowl and toss generously with Dulcet Toasted Sesame & Ginger Asian Sauce.
 3. Top salad with grilled chicken and crunchy topping (see Chinese Chicken Salad Toppings).
- Makes two large or four small salads.



Notes:

From our test kitchen:

~Use your food processor to grate the carrots and the slicing blade to shred the cabbage.

~Allow enough time, this salad takes some preparation to chop all of the wonderful vegetables, but it's worth it.

~The cashews are great on their own as a snack.
