

# Asian Chicken Salad

Serves 4



GLUTEN FREE



DAIRY FREE



## Ingredients

- 1 rotisserie chicken
- 1 head romaine lettuce, chopped
- 1 head napa cabbage, chopped
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 cup sugar snap peas, chopped
- 1 ½ cups clementines, peeled and separated into segments OR 1 can mandarin oranges, in water, drained
- 4 stalks green onion, sliced
- ¼ cup sliced almonds
- ¼ cup sesame seeds

## For Dressing

- 1/3 cup rice wine vinegar
- 1 teaspoon garlic, minced
- 1 teaspoon ginger, minced
- 3 tablespoons olive or canola oil
- 1 teaspoon sesame oil
- ¼ cup reduced sodium tamari or soy sauce (If you need this meal to be gluten-free, always double check labels. Tamari is usually gluten-free, but soy sauce is not.)

Optional: red cabbage, shredded carrots, edamame, avocado

## Directions

1. Remove meat from rotisserie chicken and discard skin. Shred into bite-sized pieces and set aside.
2. Combine lettuce and cabbage in a large bowl.
3. Top lettuce mixture with bell pepper, snap peas, clementines, shredded chicken, and other optional vegetables. Toss, or leave the vegetables separated for a nice presentation.
4. Combine dressing ingredients in a small bowl. Toss with salad just before serving. Garnish with green onion, almonds, and sesame seeds.

## Notes

Alternative to rotisserie chicken: Marinate 1 to 1 ½ pounds boneless skinless chicken in 3 Tbsp low sodium tamari, 1 Tbsp rice wine vinegar, 1 Tbsp cooking oil, 1 Tbsp minced garlic, and 1 tsp minced ginger for 2-24 hours. Grill or bake until internal temperature reaches 165°F.

Recipe from Cook Well Berkeley: Satisfying Spring Salads, Spring 2015