

Scoopable Chinese Chicken Salad

Makes 5 Servings (1 ½ Cups per serving)

Prep: 10 minutes

Ingredients

One 16-oz. package broccoli cole slaw

One 8-oz. can (about 1 cup) sliced water chestnuts, drained

1 cup canned mandarin orange segments packed in juice drained and chopped

1 cup chopped scallions

12 oz. cooked and chopped skinless lean chicken breast

1/4 cup low-fat sesame ginger dressing (like Newman's Own Lite Low Fat Sesame Ginger Dressing)



Directions

In a large bowl, combine slaw, water chestnuts, orange segments, scallions, and chicken. Mix well.

Top with dressing and toss to coat. Enjoy!

Nutrition Information: (Per serving, 1 ½ Cups)

5 Servings

140 calories

4 g fat

17 g carbohydrate

10 g protein

Recipe Modified from:

<http://www.hungry-girl.com/recipes/scoopable-chinese-chicken-salad>