

Nutrition information per serving: Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg

Zesty Asian Chicken Salad

A colorful salad packed with a variety of healthy foods.

Makes 4 servings. 1 cup per serving.

Prep time: 20 minutes

Ingredients

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 11/2 cups small broccoli florets
- 2 medium carrots, peeled and cut into strips

- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup fat free Asian or sesame salad dressing
- 1/4 cup 100% orange juice
- 1/4 cup chopped fresh cilantro

Preparation

- Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
- 2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.