



## Mandarin Chicken Crunch Salad

SERVINGS: 4

PREPPING TIME: 20 MINS

COOKING TIME: 10 MINS

### INGREDIENTS

#### Salad:

- 3 cups romaine, shredded or thinly chopped
- 3 cups cabbage, shredded
- 1/2 cup carrots, shredded
- 1/2 cup green onions, chopped
- 1 cup mandarin oranges, segmented
- 1/3 cup sliced almonds-toasted
- 2 tbsp. sesame seeds, sprinkled on top
- 16 oz. chicken, raw

#### Sesame ginger dressing:

- 3 tbsp. rice wine vinegar
- 2 tbsp. coconut aminos
- 1 clove garlic
- 2 tbsp. honey
- 1 tbsp. fresh ginger, grated
- 2 tsp. sesame oil
- 3 tbsp. olive oil

### DIRECTIONS

1. Prepare the vegetables by shredding or thinly chop the romaine, cabbage, and carrots. Chop the green onions.
2. Cut the raw chicken into bite-sized pieces. In a pan over medium heat, cook the chicken until fully cooked, ensuring it reaches a safe internal temperature. Set aside.
3. In a blender or food processor, combine rice wine vinegar, coconut aminos, garlic, honey, grated fresh ginger, sesame oil, and olive oil. Blend until the dressing is smooth and well combined.
4. In a large bowl, combine the shredded romaine, cabbage, carrots, and chopped green onions. Add the cooked chicken, mandarin oranges, sliced almonds, and sesame seeds. Pour the sesame ginger dressing over the salad. Start with a portion of the dressing and add more according to your taste preference.
5. Gently toss the salad ingredients until well coated with the dressing. Serve the Mandarin Chicken Crunch Salad immediately, garnishing with additional sesame seeds or sliced almonds if desired.

### NUTRITION

Serving size: 1 serving (360g)  
(per serving) 420 calories, 23g fat, 3g saturated fat, 75mg cholesterol, 480mg sodium, 31g carbohydrate, 6g fiber, 22g sugar, 28g protein