ASIAN CHICKEN SALAD

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 6 (Serving= 2 cups salad and 1 chicken breast)

Nutrition (per serving)

Calories: 461	Total Carbohydrate: 29 g
Total Fat: 21 g	Dietary Fiber: 8 g
Saturated Fat: 2 g	Protein: 39 g
Sodium: 591 mg	

Ingredients

Marinade:

- ¼ cup lite soy sauce
- 2 cloves garlic, minced
- 1 teaspoon ground ginger
- 1 Tablespoon sugar
- 2 Tablespoons 5 spice seasoning
- 6 - 4 ounce chicken breasts

Salad:

- 6 cups Napa cabbage chopped
- ½ cup green onions, chopped
- 2/3 cup slivered almonds
- 2 cups carrots, shredded
- ¼ cup fresh cilantro, chopped
- 2 cups cooked, shelled edamame

Dressing:

- 1 Tablespoon sugar
- 2 Tablespoons extra-virgin olive oil

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- 1 ½ Tablespoons white vinegar
- ¼ cup creamy peanut butter
- ½ Tablespoon hoisin sauce
- ½ Tablespoon lite soy sauce
- 1 ½ Tablespoons water
- ¾ cup crispy chow mein noodles

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a small bowl, whisk together the soy sauce, garlic, ginger, sugar, and seasoning. Marinate the chicken in the sauce for at least 30 minutes then bake for 20-25 minutes.
3. Toss the cabbage, green onions, almonds, carrots, cilantro, and edamame together in a large bowl.
4. Whisk all dressing ingredients except chow mein noodles in a small bowl.
5. Add dressing and chow mein noodles to salad and toss together just before serving. Top salad with sliced chicken.

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