

Quick makeover for a classic salad

Best-Ever Chinese Chicken Salad

All the great flavor of the original, now packed with garden-fresh ingredients.

PREP AND COOK TIME: 45 minutes

MAKES: 6 to 8 servings

NOTES: To save time, you can use store-bought crispy wontons or chow mein noodles instead of frying your own. You can also substitute one 11-ounce can of mandarin oranges for the fresh orange slices.

1/2 pound asparagus, trimmed and cut diagonally into 1-inch pieces

2 navel oranges (see notes)

About **1 1/2** cups vegetable oil

4 fresh wonton wrappers, cut into **1/4**-inch-wide strips (see notes)

6 cups finely shredded cabbage

2 cups cubed cooked chicken
Spicy soy-ginger dressing (recipe follows)

1 large avocado, cubed

4 green onions (including green tops), sliced diagonally

2 tablespoons toasted sesame seeds

1. In a 2- to 3-quart pan over high heat, bring about 1 quart water to a boil. Add asparagus and cook until crisp-tender, 2 to 3 minutes. Drain, then plunge asparagus into ice water

2. Cut off and discard ends from oranges. Following the curve of the fruit, cut off peel and outer membrane. Slice oranges crosswise into **1/4**-inch-thick rounds, then cut these rounds into quarters. Set aside.

3. Pour the vegetable oil into a 3- to 4-quart pan (the oil should be about **1/2** inch deep) and set over medium-high heat. When oil reaches **350°**, add wonton strips and fry, stirring, until golden brown on both sides, about 30 seconds total. Lift out with a slotted spoon and transfer to paper towels to drain.

agus with the dressing. Top with avocado, orange slices, and wonton strips, then garnish with green onions and sesame seeds.

Per serving: 308 Cal., 56% (171 Cal.) from fat; 15 g protein; 19 g fat (3.1 g sat.); 20 g carbo (4 g fiber); 317 mg sodium; 36 mg chol.

Spicy soy-ginger dressing. In a medium bowl, whisk together 2 tablespoons rice wine vinegar, 2 tablespoons brown sugar, **1 1/2** tablespoons soy sauce, 1 tablespoon Asian red chile sauce (such as Sriracha), and **1 1/2** teaspoons grated fresh ginger. Slowly drizzle in **1/4** cup vegetable oil or grapeseed oil, whisking

Made in the West: Chinese chicken salad, with its tasty blend of sweet, salt, spice, and crunch, first emerged in the Los Angeles area in the 1960s.

