

CHINESE CHICKEN SALAD

This twist on the classic incorporates spicy Daikon sprouts into the salad, and has a little orange juice in the dressing.

INGREDIENTS:

- ☐ 1 head romaine lettuce (or 10 ounces cleaned, chopped romaine)
- ☐ ¼ cup sliced almonds
- ☐ 2 tablespoons sesame seeds
- ☐ 3 carrots, peeled
- ☐ 4 green onions
- ☐ 1½ pounds cooked chicken
- ☐ 1 cup washed baby spinach (about 1 ounce)
- ☐ 1½ cups mung bean sprouts
- ☐ 2 to 3 ounces daikon sprouts (optional, see Note)
- ☐ 4 tablespoons fresh orange juice
- ☐ 2 tablespoons rice vinegar
- ☐ 2 teaspoons soy sauce
- ☐ ½ teaspoon Asian sesame oil
- ☐ 3 tablespoons vegetable oil
- ☐ Salt and pepper, to taste

INSTRUCTIONS: Preheat oven or toaster oven (you will only be toasting a small amount) to 400°.

Discard a few of the dark green outer leaves from the head of romaine (or save them for another recipe). Trim off about 2 inches from the base of the head. Cut the remaining leaves into 1-inch strips. Wash the leaves and spin dry.

Spread almonds on a baking sheet and bake until golden, about 4 minutes. Transfer to a bowl to cool. Repeat with sesame seeds, toasting them about 2 minutes.

Thinly slice the carrots and green onions on the bias. Cut the chicken into 1 x 2-inch strips. Combine the lettuce, carrots, green onions, chicken, spinach and sprouts in a salad bowl.

Whisk together the orange juice, vinegar, soy sauce and sesame seeds. Whisk in the sesame and vegetable oils.

Add the almonds to the salad. Add the salad dressing (you may not need all of it), season with salt and pepper; toss to combine.

Serves 4.

Note: Daikon sprouts, found in farmers' markets and specialty supermarkets, are spicy, decorative sprouts that often are sold with the roots attached.

PER SERVING: 450 calories, 50 g protein, 15 g carbohydrate, 21 g fat (3 g saturated), 120 mg cholesterol, 359 mg sodium, 5 g fiber.