



Chinese Chicken Salad

16 oz Cabbage (your choices: Napa, Red, Green)
8 oz Carrots, shredded
8 oz, Red Bell Pepper, sliced thin
8 oz Snap Peas, sliced thin
8 oz Broccoli Florets, diced
1 Serrano Pepper, minced (optional)
2 oz Green Onions, sliced thin
16 oz Rotisserie Chicken, cooked and shredded
1 cup Cilantro, chopped
1 tbsp Sesame Seeds

Dressing:

4 tbsp Rice Vinegar
4 tbsp Sesame Oil
1½ tbsp Low Sodium Soy Sauce
2 cloves Garlic, minced
2 tsp Fresh Ginger, grated or minced
1 tsp Sugar
¼ tsp Garlic Powder

Recipe Details

6 servings	275 calories/serving
0 calories SGC	80 calories NSV
18 grams Carb / 12 grams Fat / 23 grams Protein	

Lunch

395

Carbs 44g · Fat 14g · Protein 26g

Chinese Chicken Salad	275
MGL, 1.0 serving	

Brown Rice Organic, precooked, froz...	120
MGL, 3.0 oz	

In a large bowl, combine all salad ingredients, except chicken and cilantro. Toss well to combine.

In a small bowl or jar, combine all the dressing ingredients. Whisk or shake well to combine. Add 1-2 tbsp water to adjust consistency as desired. Pour over salad just before serving.

If serving individual portions, top each with ¼ chicken, sprinkling all with cilantro and sesame seeds. If serving for a group, toss in chicken with veggies, then top with cilantro and sesame seeds.

Want to add to MFP? Search MGL Chinese Chicken Salad in the food database.

Inspired by the real food dietitians

Recommendations from Mama G

To hit the MGL template, add SGC to hit your calorie's goal. Mama G recommends shelled edamame or brown rice. Enjoy.



Chinese Chicken Salad paired with SGC

Protein

- Rotisserie Chicken Breasts or Chicken Thighs, cooked and shredded or Leftover Turkey**

Produce

- Shredded Cabbage (your choice, red, green, napa)**
- Carrots, shredded**
- Red Bell Pepper**
- Snap Peas**
- Broccoli Florets**
- Serrano Pepper, optional**
- Green Onions**
- Cilantro**
- Garlic, minced**
- Ginger, grated**
- Edamame or Brown Rice (precooked)**

Pantry

- Brown Rice (precooked) or Edamame**
- Sesame Seeds**
- Sesame Oil**
- Low Sodium Soy Sauce**
- Sugar**
- Garlic Powder**