

Sesame-Ginger Chinese Chicken Salad



Servings | 6

Preparation Time | 30 min

Cooking Time | 8 min

Level of Difficulty | Easy

A seemingly rich but low-fat dressing makes this protein- and fiber-packed salad something special. You get two cups per serving.

Ingredients

- 1 pound(s) uncooked boneless skinless chicken breast(s), cut into strips or use tenders
- 3 Tbsp low sodium soy sauce
- 2 Tbsp rice wine vinegar
- 1 tsp sesame oil,

Sesame Ginger Dressing

- 2 Tbsp rice wine vinegar
- 2 Tbsp honey
- 4 tsp sesame oil
- 1 Tbsp olive oil
- 1 Tbsp water, warm
- 1 Tbsp minced ginger
- 1 Tbsp low sodium soy sauce
- 2 tsp minced garlic
- 1 tsp Sriracha hot sauce, or to taste

Veggies and Garnish

- 4 cup(s) shredded uncooked napa cabbage
- 2 cup(s) shredded red cabbage
- 2 cup(s) shredded carrot(s)
- 1 medium sweet red pepper(s), thinly sliced
- 1 cup(s) edamame (shelled)
- 2 Tbsp uncooked scallion(s), chopped
- 2 Tbsp cilantro, chopped
- 1 Tbsp sesame seeds, toasted

Instructions

- In a glass bowl, combine chicken, soy sauce, vinegar and sesame oil; toss to combine, cover and marinate at least 15 minutes or up to overnight.
- In another bowl, whisk together dressing ingredients; set aside (and refrigerate if not using soon).
- When ready to cook chicken, off heat, coat a grill or grill pan with cooking spray; heat to medium-high heat. Remove chicken from marinade and discard marinade. Grill chicken, turning once, until cooked through, about 3 to 4 minutes per side.
- In a serving bowl, combine both types cabbage, carrots, red pepper and edamame; top with chicken. Drizzle salad with dressing and toss to coat; garnish with scallions, cilantro and sesame seeds. Yields about 2 cups salad per serving.