



## *Chinese Chicken Salad*

3 cups lettuce, torn  
1 1/2 cups chicken, cooked, diced  
1 can (8 oz.) water chestnuts,  
sliced  
1/2 cup carrots, julienned  
1/4 cup red cabbage, chopped  
1/4 cup green onion, sliced  
tomato & bell pepper, diced (opt.)  
1 can (5 oz.) La Choy chow mein  
noodles

roasted cashews (as desired)

### *Dressing*

3 1/2 Tbsp. lite Soy sauce  
2 Tbsp. vegetable oil  
2 Tbsp. Rice vinegar  
1 Tbsp. sugar  
1/2 tsp. garlic powder  
1/2 tsp. sesame oil  
1/2 tsp. black pepper

In large bowl, add lettuce, chicken, water chestnuts, carrots, cabbage, and onions (tomato and pepper, if desired).

In small bowl, combine dressing ingredients; mix well.

Pour dressing over salad mixture; toss until evenly coated.

Top with chow mein noodles (as desired), and cashews.