

Chinese Chicken & Noodle Salad

4 servings

Active Time: 30 minutes

Total Time: 30 minutes

Ingredients

- 1 3-ounce package low-fat ramen-noodle soup mix , (see Note)
- 1/4 cup slivered almonds
- 1 tablespoon sesame seeds
- 1 1/2 teaspoons canola oil
- 1 pound boneless, skinless chicken breasts, trimmed
- 3 1/4-inch-thick slices fresh ginger
- 1/2 teaspoon salt
- 3 tablespoons orange juice
- 3 tablespoons cider vinegar
- 5 teaspoons reduced-sodium soy sauce
- 5 teaspoons sugar
- 3/4 teaspoon toasted sesame oil
- 2 cups shredded green cabbage
- 1 medium carrot, shredded
- 3 scallions, chopped



Preparation

1. Preheat oven to 350°F.
2. Crumble ramen noodles onto a large rimmed baking sheet (discard seasoning packet). Add almonds, sesame seeds and canola oil; toss to coat. Bake for 10 minutes. Stir, then bake until the noodles are golden brown, about 5 minutes more. Let cool on the pan on a wire rack.
3. Meanwhile, place chicken in a medium skillet or saucepan with water to cover. Add ginger and salt; bring to a boil. Cover, reduce heat to low, and simmer gently until no longer pink in the center and an instant-read thermometer inserted into the thickest part of the meat registers 165°F, 10 to 15 minutes. Transfer the chicken to a clean cutting board to cool. Using forks, shred into bite-size pieces. (Discard the poaching liquid.)
4. Meanwhile, combine orange juice, vinegar, soy sauce, sugar and sesame oil in a small bowl or jar with a tight-fitting lid. Whisk or shake until the sugar has dissolved.
5. Just before serving, combine the shredded chicken, cabbage, carrot and scallions in a large bowl. Add the toasted noodle mixture and the dressing; mix well.

Tips & Notes

- **Make Ahead Tip:** Refrigerate the vegetables, toasted noodle mixture, chicken and dressing in separate containers for up to 1 day. Toss together just before serving.
- **Tip:** Ramen noodles, usually packaged with a seasoning mix to make instant soup, are a convenient—and seemingly healthful—product. But what you may not realize is that the noodles have been deep-fried. A serving of the soup contains 8 grams of fat. Look for baked ramen, with

Nutrition only 1 gram of fat per serving. Be sure to check the label so you know what you're buying.

Per serving: 399 calories; 12 g fat (2 g sat, 5 g mono); 96 mg cholesterol; 30 g carbohydrates; 41 g protein; 4 g fiber; 558 mg sodium; 581 mg potassium.

Nutrition Bonus: Vitamin A (50% daily value), Vitamin C (35% dv), Folate (26% dv), Magnesium (21% dv), Potassium (17% dv).

2 Carbohydrate Serving

Exchanges: 1 1/2 starch, 1 vegetable, 4 lean meat, 1 1/2 fat