

Asian Chicken Salad

Courtesy of Carole's Creations

Prep Time: 20 minutes

Chill time: 30 minutes

Serves: 6

CChints: This recipe calls for 4 cups of cooked chicken. Purchase a rotisserie chicken from your local market. The meat from one chicken should be about 4 cups. Ponzu sauce is a citrus soy sauce and can be found on the Asian food aisle. It is slightly sweeter and has less sodium than light soy sauce. Haas avocados are ripe when the skin is almost black and is slightly soft to the touch. If it is a little green and hard, just put it in a brown paper bag for a day and it will begin to ripen.



2 cups snow peas or sugar snap peas, fresh or frozen
4 cups cooked chicken, diced
1 cup bean sprouts
2 green onions, white and green parts, diced
2 stalks of celery, diced
8 ounce can sliced water chestnuts, drained, chopped
1 cup canned pineapple chunks, drained and reserve 2 teaspoons juice
1 Haas avocado
Dressing:
1/4 cup olive oil
3 teaspoons reduced sodium soy sauce
2 teaspoons Ponzu sauce
1 teaspoon ground ginger paste from a jar
1/8 teaspoon salt and pepper
1/4 teaspoon sugar or Splenda®
Garnish: Small can of Rice noodles

Peas, if frozen: Put the peas in a microwave safe container and cook according to package directions. Allow to cool before you add to the salad. In a large bowl, combine the chicken through pineapple.

You will want to cut the avocado right before you serve the salad because the flesh will turn brown when it is exposed to the air for a long period of time. To cut the avocado, take a sharp knife and slice it into the flesh, you will hit a seed in the center. Continue to slice it in half by spinning around the center seed. When it opens up the seed will remain in one half of the flesh. Take your knife and barely tap the seed so the blade sticks. Twist the knife gently and the seed will come out. Take a large metal spoon and slide it between the skin and the flesh. It should come out in one piece. Chop and add to the salad but don't toss yet.

Prepare the dressing by whisking together the oil through sugar. Pour in the dressing and gently toss it so that you don't brose the avocado. Cover and chill for 30 minutes before serving.

Garnish with rice noodles for a nice crunch.