

Asian Slaw with Chicken

Courtesy of Carole's Creations

Prep Time: 30 minutes

Resting Time: 1 hour

Serves: (6 – 1-1/2 cup servings)

CChints: This slaw can be made with chicken or shrimp. Make sure to use a precooked protein source and the shrimp should be used within one day of purchase. You can find sugar snap peas in the vegetable freezer section. Start by preparing the dressing so the flavors have a little time to blend. The slaw will need to sit for 1 hour to allow the dressing to breakdown the flavors and be absorbed well. This is a meal in itself so you can serve it with chop sticks and tea for a real Asian feel.



Dressing:

1/4 cup rice wine vinegar

1/4 cup apple cider vinegar

2-1/2 tablespoons Splenda® or sugar

1 teaspoon garlic salt

1 tablespoon low-sodium soy sauce

1/2 teaspoon sesame oil

1/2 teaspoon ground ginger

Pinch of black pepper

Garnish: 1/3 cup roasted peanut halves

Slaw:

1 pound cooked chicken, shredded or
or cook shrimp, cut in half lengthwise

1 cup chopped sugar snap peas, thawed

2 stalks celery, sliced thin

Half of a red bell pepper, sliced and chopped

1/4 cup finely chopped red onion

2 green onions, sliced (white parts optional)

10 oz prepare angel or 3 color slaw mix

8 ounce can sliced water chestnuts,
drained and cut in half

Dressing:

In a small bowl combine everything for the dressing. Stir for 1 minute to combine

Slaw:

Note: If your peas are frozen you can thaw them quickly in the microwave for about 1 to 1-1/2 minutes.

Locate a large mixing bowl with a cover and combine the ingredients needed for the slaw and toss. Pour the dressing over the slaw and toss to be sure everything is coated,

Refrigerate, covered for 1 hour. Right before serving add the nuts and enjoy