

Chinese Chicken Salad

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: Peas, maybe 1 minute *

Serves: 4 lunch/dinner portions

CChints: Ponzu is a citrus soy sauce that is lower in sodium than a low-sodium soy sauce. It can be found in the Asian section of your supermarket.



One cooked rotisserie chicken should yield enough for this recipe. This recipe calls for a diced avocado. This can be a messy task but here is a way to make this task simple. Select an avocado with a dark skin. It is ripe when the flesh gives a little when you gently squeeze it. Don't cut it until the end of the recipe because the flesh will darken when it hits the air. To cut it, slide the knife from the top down until you hit the seed. Gently run the knife around the avocado until you have cut it in half. Give it a gentle twist to pull them apart and the seed will stick to one of the halves. Gently stick your knife into the seed and twist the knife; the seed will pop out. Hold one half in your hand and run a knife through the soft flesh 3 or 4 times in one direction and turn it and turn 3 to 4 more times through with the knife in the other direction. Insert a large spoon between the flesh and the outside to scoop out the flesh into the salad. It will come out and already be cut into nice pieces for your salad. Do the same with the other half.

Salad Ingredients:

2 cups Snow Peas, * fresh. Snip off any ruff ends and put into a microwave container.

Microwave on high for 1 minute and let cool. If using frozen, thaw them before adding to the salad. They were precooked before freezing.

1 cup fresh bean sprouts

4 cups cooked chicken, diced (wash after handling chicken)

1/4 cup scallions, green and white parts chopped

1 cup canned pineapple chunks, drained and reserve 2-3 teaspoon juice for the dressing

1 stalk celery, diced

8 ounce can sliced water chestnuts, drained and chopped

1 Haas avocado

Optional: can of baked Rice Noodles to garnish

Dressing:

1/4 cup olive oil

2 teaspoons pineapple juice (from the canned pineapple)

3 teaspoons low sodium soy sauce

2 teaspoons Ponzu Sauce

1 teaspoon ground ginger paste, from a jar or freshly chopped

1/8 teaspoon salt and pepper

1/4 teaspoon sugar or Splenda®

This salad is best served chilled but it can be served at room temperature. Start with the salad ingredients already chilled or place the bowl in the freezer for 10 minutes to get the ingredients chilled before adding the dressing.

In a large bowl combine Snow Peas through water chestnuts. Gentle toss these items together. Add the avocado last so it doesn't get to bruised.

In a small bowl or measuring pitcher, combine the items needed for the dressing. Wisk all items together and pour over salad. Toss to coat everything and serve. Top with optional rice noodles, if desired.