

Asian Citrus Salad

Salad:

3 boneless, skinless chicken breast halves (about 12 ounces), cooked and thinly sliced
6 cups romaine lettuce, sliced
1 orange sectioned
½ cup red onion, sliced
¼ cup radishes, sliced (about 3 medium)
Chow Mein noodles or slivered almonds (optional)

Asian Dressing:

7 ounces vegetable oil
2 teaspoons sugar
1 pressed garlic clove
¼ teaspoon ground ginger
1 ½ ounces soy sauce
3 ounces rice vinegar

Directions:

Heat 8" Open Sauté Pan over medium heat until hot; lightly spray with vegetable oil. Cook chicken 20-22 minutes, turning once during cooking using Tongs. Remove chicken from pan; cool. Slice into ¼-inch thick strips. Rinse and drain lettuce leaves in 5 ¼-Qt. Colander. Slice orange in half crosswise. Separate individual sections from the membranes. Slice onion and radishes. Toss all salad ingredients in Bowl with 3-Way Tongs. Prepare Asian Dressing according to directions. Serve salad with dressing.

Yield: 10 Servings or 20 sample servings

Nutrients per serving: Calories 240, Fat 19g, Sodium 340 mg, Dietary Fiber less than 1g.