

ORIENTAL CHICKEN SALAD

Contributed by Mary Manion 12/28/02

INGREDIENTS:

1/3 Cup - Sliced almonds

1-3 Cups - Cooked rice

1-1/2 - 3 Cups - Poached, diced chicken breast

1 Cup - Celery, diagonally sliced

1/2 Cup - Green onion, sliced

1 very small head of Cabbage, thinly sliced or approximately 2 Cups

(Note: the amounts for rice, chicken and cabbage are not critical and may vary with your taste or depend on what you have available.)

Soy Dressing: Shake in a jar

1/2 Cup - Oil (Canola is healthy)

3 Tbsp. - Soy sauce

2 Tbsp. - Vinegar

2 Tbsp. - Catsup

2 tsp. - Brown sugar

1/4 tsp. - Garlic powder

1/4 tsp. - Ground ginger

INSTRUCTIONS:

1. Mix cooled rice, chicken, celery and onion. Measure 2 cups cabbage & add.
2. Add almonds, reserving some for top. Toss with 2/3 cup of the dressing.
3. Line a serving bowl with the outer leaves of cabbage. Spoon salad mixture into bowl. Sprinkle with remaining almonds. Serve with remaining dressing.

May be prepared ahead, except omit dressing and almonds until just before serving.

NOTES:
