

# Crunchy Thai Chicken Salad



6 servings

Prep Time: 25 min Cook Time: 0 min

1 1/2 c. cooked shredded chicken	2 t. sesame oil
4 c. shredded napa or green cabbage	2 T. soy sauce
2 carrots, shredded	2 T. honey
1 cucumber, sliced	1 garlic clove, finely minced
1 red pepper, sliced into 1" long thin slices	1 T. fresh ginger root, shredded
2 green onions, sliced diagonally	1 t. salt
1/3 c. creamy natural peanut butter	1/8 t. crushed red pepper flakes
3 T. rice vinegar	2 T. fresh cilantro
juice of 1 lime, about 2 T.	1/4 c. peanuts, chopped
3 T. canola oil	

For the salad, combine chicken, cabbage, carrots, cucumber, red pepper, and green onion in a bowl and toss to mix.

For the dressing, combine peanut butter and next 11 ingredients (through cilantro) in a blender or food processor and pulse until smooth. Drizzle the dressing over the salad ingredients. Toss to coat. Sprinkle peanuts on top and serve.

## Nutrition Facts per serving

Calories 351 , Protein 18 g, Carbohydrate 21 g, Total Fat 23 g, Saturated Fat 4 g, Fiber 4 g, Sugar 14 g, Sodium 700 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.