



## RECIPES

A sweet and sour dressing tops this easy-to-make Asian-style salad!

### ASIAN CHICKEN SALAD

#### Salad:

- 3/4 cup toasted Fisher Chef's Natural Sliced Almonds
- 3 cups shredded cabbage slaw mix
- 2 1/2 cups cooked chicken (about 12 ounces), cubed
- 1 romaine lettuce heart, thinly sliced
- 1 green onion, thinly sliced
- 1/2 cup chopped fresh cilantro

#### Dressing:

- 1/4 cup apple cider vinegar
- 2 tablespoons granulated sugar
- 1 tablespoon vegetable oil
- 2 teaspoons freshly grated ginger

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For dressing: In small bowl whisk vinegar, sugar, oil and ginger. Cover and refrigerate 4 hours to blend flavors.

For salad: Preheat oven to 350°F. Spread almonds on baking sheet in single layer. Bake 6 to 8 minutes until golden brown, stirring once halfway through baking. Transfer nuts to bowl; set aside.

In large bowl, place slaw mix, chicken, lettuce, green onion and cilantro; toss to combine. To serve, whisk dressing and pour over salad. Toss to coat. Sprinkle toasted almonds over top.

Yield: 6 servings

Nutrition information per serving (1 1/2 cups): 120 Calories, 8 g Total Fat, 0.5 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 1041 mg Sodium, 10 g Carbohydrate, 2 g Dietary Fiber, 5 g Sugars, 3 g Protein