

Crispy Asian Chicken Salad

This light crunchy salad is perfect for a hot summer's day.

Ingredients

4 cups shredded green cabbage
2 cups shredded red cabbage
1 ½ cups shredded carrots
4-5 scallions
1/2 cup chopped fresh cilantro (optional)
1/4 cup toasted sliced almonds or cashews
2 tablespoons toasted sesame seeds
1/2 cup crunchy chow mein noodles
2 large chicken breasts

Utensils

knife and cutting board
measuring cup
measuring spoons
cast iron frying pan
spatula
vegetable peeler
large salad bowl
salad tongs
salad plates

For the Dressing

1/4 cup rice vinegar
2 tablespoons toasted sesame oil
1 tablespoon light vegetable oil
2 tablespoons tamari or soy sauce
1 tablespoon maple syrup or honey
1 teaspoon freshly grated ginger
1 clove garlic, minced

small mixing bowl
whisk
grater

Grill the chicken breasts. When the chicken breasts have cooled, thinly slice them. In a dry cast iron frying pan on the stove, toast the sesame seeds and the nuts until they are golden brown. Peel and grate the ginger. Peel and mince the garlic. Using both the green and white parts, thinly slice the scallions. Peel the carrots. Shred the cabbage and the carrots. If using, chop the cilantro. Make the salad dressing by

whisking together all of the ingredients. The dish can be prepared up to this point in advance.

In a large salad bowl mix together the cabbage, carrots, scallions, chicken, and cilantro if using. Pour the dressing in the bowl and mix well. Just before serving, add the toasted sesame seeds, nuts, and chow mein noodles. Toss gently. Serve immediately to keep it crunchy.