



# Mandarin Chicken Salad



prep time  
20 minutes



total time  
20 minutes



servings  
4

## Ingredients

### For the Salad

- 3 cups thinly sliced Napa or green cabbage\* ~ 3 veggie servings
- 1 cup thinly sliced red cabbage\* ~ 1 veggie serving
- 1 cup shredded carrots ~ 1 carb serving
- 1 cup sugar snap peas, thinly sliced ~ 1 carb serving
- 3 green onions, white and green parts, thinly sliced ~ ½ veggie serving
- 3 cups/12 ounces/360 grams cooked, shredded chicken (could use rotisserie chicken) ~ 16 protein servings
- 1 cup orange segments ~ 1 carb serving
- 1 cup fresh cilantro leaves, stems removed, leaves roughly chopped ~ 1 veggie serving
- 1/3 cup slivered or sliced almonds, toasted ~ 1.5 fat servings

**Optional:** Black and/or white sesame seeds for garnish

\*May substitute one 12-ounce bag of coleslaw mix for the green and red cabbage and add an additional ½ cup of shredded carrots or snow peas to create the same volume

### For the Dressing:

- ¼ cup unseasoned rice vinegar
- 3 tablespoons toasted sesame oil ~ 3 fat servings
- 3 tablespoons coconut aminos
- 2 tablespoons avocado oil or extra-virgin olive oil ~ 2 fat servings
- ½ teaspoon ground ginger
- ¼ teaspoon garlic powder

# simple salad

## Instructions

- 1 In a large bowl, combine cabbage, carrots, sugar snap peas, green onions, and cooked chicken. Toss well to combine.
- 2 In a small bowl or jar combine all of the dressing ingredients. Whisk or shake well to combine. Pour over salad just before serving.
- 3 Gently stir in oranges, cilantro, and toasted almonds. Sprinkle with sesame seeds, if desired.



### Whole Recipe Breakdown:

16 Servings Protein  
3 Servings Carb  
6.5 Servings Fat  
5.5 Servings Veggies