

DITK Asian Chicken Salad

Recipe courtesy of *Diane's Daily Dish*

momlogic.com

Ingredients:

2 tbsp. freshly squeezed lemon juice
2 tbsp. freshly squeezed orange juice
1 tbsp. rice vinegar
2 tsp. light soy sauce
1tbsp. freshly grated ginger

12 oz. skinless chicken breast

½ cup low-fat mayonnaise
2 tbsp. freshly grated ginger
¼ cup rice vinegar
1 tbsp. sesame oil
1 tbsp. roasted peanut oil
1 tbsp. light soy sauce
1tsp. dry mustard
2 tsp. chili powder
¼ tsp. freshly ground black pepper

2 cups thinly sliced red cabbage
2 cups thinly sliced green cabbage
2 cups grated carrot
¾ cup toasted slivered almonds

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Directions:

1. In small bowl, combine first 5 ingredients together (lemon juice through ginger) with wire whisk.
2. Pour mixture over chicken breasts and marinate for minimum 1 hour.
3. Combine next 9 ingredients together (mayo through pepper) with wire whisk.
Set aside.
4. Grill chicken over med-high heat until done then coarsely chop.
5. Combine cabbage & carrot in large bowl.
6. Add chopped grilled chicken; toss gently
7. Add vinegar mixture & combine well.
8. Add ½ cup almonds and retoss.
9. Sprinkle each serving with 1 tbsp. toasted almonds before serving.
10. Enjoy!

Serves 4