

Chicken Salad with Asian Inspired Dressing

Total Time: 1 hour

Servings: 2-4

Ingredients

1 head iceberg lettuce

2 cooked split chicken breasts or 2 cooked boneless, skinless chicken breasts

¼ cup crushed peanuts

1 can LaChoy rice noodles

2 tablespoons white or black sesame seeds

3 tablespoons sugar

3 tablespoon rice wine or apple cider vinegar

¼ cup oil

1 tablespoon sesame oil

Salt and pepper

Preparation

Shred chicken and set aside. Remove core from lettuce. Slice in ½-inch slices then crosswise into three sections; place in a large bowl. Toss with peanuts, sesame seeds and chicken.

Whisk oils, vinegar, sugar, salt and pepper. Pour over salad and toss again.