

Asian Chicken Slaw

Whether you eat this cool and delicious Asian chicken **coleslaw** on its own, or loaded into a wrap, it's guaranteed to satisfy an appetite of any size.

- **Yield:** 6 servings (serving size: about 1 1/2 cups)

Ingredients

- Slaw:
 - 2 1/2 cups shredded cooked chicken breast (about 1 pound)
 - 3/4 cup finely chopped celery
 - 1/2 cup chopped sugar snap peas
 - 1/2 cup chopped red bell pepper
 - 1/4 cup finely chopped onion
 - 1 (10-ounce) package angel hair slaw
 - 1 (8-ounce) can sliced water chestnuts, drained
- Dressing:
 - 1/4 cup cider vinegar
 - 1/4 cup rice wine vinegar
 - 2 tablespoons sugar
 - 1 teaspoon salt
 - 2 teaspoons low-sodium soy sauce
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon freshly ground black pepper
- Remaining ingredients:
 - 1/4 cup slivered almonds, toasted
 - 1 teaspoon sesame seeds, toasted



Preparation

1. To prepare slaw, combine the first 7 ingredients in a large bowl.
2. To prepare dressing, combine cider vinegar and next 6 ingredients (through black pepper) in a small bowl; stir with a whisk. Pour dressing over the slaw; toss to coat. Cover and chill 1 hour. Sprinkle with slivered almonds and sesame seeds before serving.

Nutritional Information: Amount per serving: Calories: 152

Fat: 3.7g Protein: 11.5 g Carbohydrate: 18.5g
Fiber: 4.5 g Cholesterol: 24mg Sodium: 585mg