

## Asian Noodle Chicken Salad Salad of the Month February - 2014



Cabbage, part of the cruciferous vegetable family, adds crunch and nutrients to a colorful lunch salad.

**Prep Time:** 10 Min

**Start to Finish:** 10 Min

**Makes:** 5 (1 1/4-cup) servings

### INGREDIENTS

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- 1 (16-oz.) pkg. 3-color coleslaw blend
- 2 tablespoons sliced green onions
- 1 (9-oz.) pkg. frozen **cooked** chicken breast strips, thawed
- 1/3 cup purchased citrus-flavored vinaigrette dressing
- 1 (3-oz.) pkg. chicken or oriental-flavor ramen noodle soup mix

### DIRECTIONS

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1. In large bowl, combine coleslaw blend, onions, chicken and salad dressing.
2. Discard seasoning packet from soup mix; coarsely crush noodles. Add noodles to salad; stir gently to mix. Serve immediately.

**Recipe Provides:** Fats & Oils 1tsp, Vegetables 3/4c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 1/4 cup	<b>Calories:</b>	150	<b>Calories from Fat:</b>	50
<b>Total Fat:</b>	5 g	<b>Saturated Fat:</b>	1 g	<b>Trans fat :</b>	0 g
<b>Cholesterol:</b>	35 mg	<b>Sodium:</b>	460 mg	<b>Total Carbohydrate:</b>	13 g
<b>Dietary Fiber:</b>	2 g	<b>Sugars:</b>	6 g	<b>Protein:</b>	13 g



This recipe is adapted from [WWW.eatbettereasily.com](http://WWW.eatbettereasily.com)