

THE CLEAR CONSCIENCE RECIPE COLLECTION

Asian Ramen Chicken Salad

Servings: 4

Prep Time: 30 minutes

Total Time: 30 minutes

Ingredients

1lb boneless skinless chicken breasts, cooked and shredded or chopped
2 (3 oz) pkgs. dry ramen, seasoning packet discarded
¾ cup chopped peanuts
6 cups shredded green cabbage (12 oz, chop into thin shreds)
1 large carrot peeled and chopped into matchsticks (¾ cup)
4 green onions, sliced (about 1/2 cup)
2 Tbsp toasted sesame seeds

Dressing

½ cup canola oil
¼ cup + 2 Tbsp rice vinegar
1 tsp sesame oil
¼ cup granulated sugar
1 ½ Tbsp soy sauce
½ tsp freshly ground black pepper
¼ tsp garlic powder
¼ tsp onion powder
¼ tsp dried ginger
Salt to taste

Instructions

1. Preheat oven to 400 degrees. Smash ramen into small pieces (place in freezer bag and hit with a noodle pin). In an even layer place ramen and peanuts on baking sheet. Bake until golden, tossing once halfway through baking, about 5 minutes. Remove from baking sheet into a bowl and let cool.
2. In a mixing bowl whisk together all the dressing ingredients until well blended while seasoning with salt to taste.
3. In a large bowl add cabbage, carrots, green onions, chicken, toasted ramen, peanuts, and sesame seeds. Pour dressing over top and toss to evenly coat. Serve right away for crunchiest results.