

Chinese Chicken-Cabbage Salad with Peanut Sauce

Ingredients

- 1/3 cup rice wine vinegar
- 1/4 cup olive oil
- 2 teaspoons sesame oil
- 1/4 cup bottled Thai peanut sauce
- 1/2 head napa cabbage, thinly sliced
- 1 cup shredded carrot
- 4 scallions, green and white parts thinly sliced
- 1 whole rotisserie chicken, cooled completely and shredded (about 4 cups)
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons black sesame seeds
- 2 scallions, thinly sliced
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Preparation

Whisk together rice wine vinegar, olive oil, sesame oil, and peanut sauce in a medium bowl; set aside. Toss together cabbage, shredded carrot, 4 thinly sliced scallions, and chicken in a large salad bowl. Pour the peanut sauce dressing over the cabbage salad, and toss together until all of the ingredients are evenly coated. Season salad with freshly ground black pepper, and evenly sprinkle with black sesame seeds and 2 thinly sliced scallions. Divide the salad among 6 plates; serve.

Nutritional Information

Calories per serving	302	Carbohydrates per serving:	7 mg
Fat per serving:	16 g	Fiber per serving:	2 mg
Saturated fat per serving:	3 g	Cholesterol per serving:	79 mg
Monounsaturated fat per serving:	9 g	Iron per serving:	2 g
Polyunsaturated fat per serving:	3 mg	Sodium per serving:	275 mg
Protein per serving:	31 g	Calcium per serving:	68 mg