



Fresh - Local - Delish

Cooking with TRACTOR & Extension



Zesty Asian Chicken

Ingredients

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- 1/2 cup fat free Asian or sesame seed salad dressing
- 1/4 cup 100% orange juice
- 1/4 cup chopped fresh cilantro

Instructions

1. Cut chicken breasts into small strips. Place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat.
3. Stir in cilantro. Serve chilled or at room temperature.