

Zesty Asian Chicken Salad

Ingredients

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

Directions:

1. Cut chicken breasts into small strips and 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. Stir in cilantro. Serve at room temperature.

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