Sesame Chicken Salad

Ingredients:

- 1/3 cup mayonnaise, fat-free
- 1 tablespoon soy sauce, reduced
- 1/8 teaspoon ginger, ground
- 1 1/3 cups chicken breast, cooked and cubed
- 1/2 cup snow peas, chopped
- 1 small sweet red pepper, chopped
- 1 tablespoon sesame seeds, toasted
- 4 lettuce leaves
- 1 tablespoon cashews, chopped

Directions

1. In a small bowl, combine mayonnaise, soy sauce, and ginger.
2. Add chicken, peas, pepper, and sesame seeds.
3. Serve over lettuce leaves; sprinkle with cashews. Serve.

Nutrition Facts

Serving Size 1 cup (136g)
Servings Per Container 2

Amount Per Serving

Calories 170	Calories from Fat 100
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 480mg	**20%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 2g	**8%**
Sugars 4g	
Protein 6g	

Vitamin A 60% • Vitamin C 100%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Source: Taste of Home Farm Fresh Favorites