



Zucchini-Noodle Chinese Chicken Salad



1/2 of recipe (about 2 cups): 230 calories, 6g total fat (0.5g sat. fat), 476mg sodium, 21.5g carbs, 4g fiber, 13g sugars, 23.5g protein

Prep: 15 minutes **Cook:** 10 minutes

Chill: 15 minutes



Ingredients

6 oz. raw boneless skinless chicken breast
Dash each salt and black pepper
1 lb. (about 2 medium) zucchini
1/4 cup low-fat sesame ginger dressing (like Newman's Own Sesame Ginger Dressing)
1/2 cup canned sliced water chestnuts, drained and chopped
1/4 cup canned mandarin orange segments packed in juice, drained and chopped
1/4 cup chopped scallions
1/4 oz. (about 1 tbsp.) sliced almonds

Directions

Pound chicken to 1/2-inch thickness. Season with salt and pepper.

Bring a skillet sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through.

Using a spiral vegetable slicer like [the Veggetti](#), cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, [peel zucchini into super-thin strips](#), rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Place zucchini noodles in a large bowl. Chop chicken, and add to the bowl. Add dressing, and toss to coat.

Stir in chopped water chestnuts, chopped orange segments, and scallions. Cover and refrigerate until chilled, at least 15 minutes.

Top with almonds.

MAKES 2 SERVINGS

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