



### ***Scoopable Chinese Chicken Salad***

PER SERVING (1/5th of recipe, 1 1/2 cups): 195 calories, 3g fat, 595mg sodium, 21g carbs, 4.5g fiber, 12.5g sugars, 22.5g protein --

**PointsPlus®** value 5\*



#### ***Ingredients:***

One 16-oz. package (about 5 1/2 cups) dry broccoli cole slaw

One 8-oz. can (about 1 cup) sliced water chestnuts, drained

1 cup canned mandarin orange segments packed in juice (or light syrup), drained and chopped

1 cup chopped scallions

12 oz. cooked and chopped skinless lean chicken breast

3/4 cup low-fat sesame ginger dressing (like Newman's Own Lighten Up!)

#### ***Directions:***

In a large bowl, combine slaw, water chestnuts, orange segments, scallions, and chicken. Mix well.

Top with dressing and toss to coat. Enjoy!

**MAKES 5 SERVINGS**



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