



## Scoopable Chinese Chicken Salad



1/5th of recipe (1 1/2 cups): 195 calories, 3g total fat (0.5g sat fat), 595mg sodium, 21g carbs, 4.5g fiber, 12.5g sugars, 22.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

### 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 Lite Low Fat Sesame Ginger Dressing)

### 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

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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