



Scoopy Asian Chicken Salad



1/4th of recipe (about 2/3 cup): 166 calories, 5.5g total fat (0.5g sat. fat), 499mg sodium, 15g carbs, 1g fiber, 8g sugars, 12.5g protein

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Prep: 10 minutes



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Ingredients

1/4 cup light mayonnaise
2 tbsp. sweet Asian chili sauce
1/8 tsp. ground ginger
1/8 tsp. garlic powder
One 10-oz. can 98% fat-free chunk white chicken breast in water, drained and flaked
One 8-oz. can (about 1 cup) canned water chestnuts, drained and roughly chopped
1/2 cup chopped scallions
1/2 cup canned mandarin orange segments packed in juice, drained and chopped
Optional topping: sesame seeds

Directions

In a large bowl, combine mayo, chili sauce, and seasonings. Mix until uniform.

Add chicken, and stir to coat.

Stir in remaining ingredients.

MAKES 4 SERVINGS

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