

Crunchy Thai Chicken Salad

Prep: 10 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: 1 ½ cups

Ingredients

- 1 (14-ounce) bag slaw mix (about 6 cups shredded cabbage)
- 1 red or orange bell pepper, thinly sliced (about 1 cup)
- 2 cups cooked chicken, cubed or shredded
- 3 tablespoons chopped fresh cilantro (optional)
- ½ cup peanut butter or other nut butter
- 3 tablespoons lime juice
- 1 ½ tablespoons reduced sodium soy sauce
- 3 tablespoons rice vinegar
- 1 ½ tablespoons honey
- ½ cup chopped peanuts or cashews

Directions

1. Place the shredded cabbage or slaw mix in a large bowl.
2. Add the bell pepper, cooked chicken and cilantro.
3. In a small bowl or jar with a lid, combine the peanut butter, lime juice, soy sauce, rice vinegar and honey. Whisk or shake until well combined.
4. Add the sauce to the vegetable and chicken mixture and stir well.
5. Top with chopped nuts and toss to combine.
6. Serve cold. Refrigerate leftovers for up to 3 days.

Recipe Notes

- Chicken can be swapped for baked tofu cubes.

**Nutrition Facts Per Serving: Calories: 270 | Total Fat: 15 g | Saturated Fat: 3 g
Sodium: 290 mg | Total Carbohydrate: 15 g | Dietary Fiber: 3 g | Protein: 21 g**

Adapted from The Lean Green Bean Blog | Submitted by Robin LaCroix, RD, CSO
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