

Vietnamese Cabbage & Chicken Salad



This low-calorie salad is packed with lean protein and fresh flavor!

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	20 MIN	45 MIN

INGREDIENTS

For the Dressing:

2 Tbsp	Extra Virgin Olive Oil
2 each	Lime, juiced
1 Tbsp	Rice Wine Vinegar
1 Tbsp + 1 tsp	Fish Sauce
1 Tbsp	Sriracha
1 tsp	Honey
2 cloves	Garlic, finely minced

For the Salad:

½ lb	Cabbage, thinly sliced or shredded (about 6 cups or ¼ medium head)
2 each	Carrots, peeled and grated
¼ each	Red Onion, thinly sliced
¼ cup	Cilantro, chopped
¼ cup	Basil or Mint, chopped
¼ cup	Dry-Roasted Peanuts, unsalted, chopped
1 lb	Leftover Cooked Chicken Breast, shredded using two forks or cut into bite size pieces (from Sheet Pan Chicken & Vegetables recipe)

CHEF'S NOTES

Since cabbage is a hearty green that can be dressed in advance, this salad makes great leftovers as the flavors continue to marinate over time.

The dressing can be customized to suit your taste - add more Sriracha if you like it spicy! Add more lime juice or rice vinegar for acidic zing.

Short on time? You can substitute one or two 14-16 oz. bags of pre-shredded coleslaw mix for the vegetables in the salad base! You want to start with about 8 cups of raw vegetables before building the salad.

DIRECTIONS

1. Gather all ingredients and equipment. Prepare all ingredients as described above.
2. In a small bowl, whisk together the dressing ingredients and set aside.
3. In a large bowl, combine the cabbage, carrot, onion, and herbs. Add the dressing and toss together until well combined. Add the shredded or chopped chicken and toss to combine.
4. Just before serving, top with the chopped peanuts. Enjoy at room temperature or chilled.

Nutrition Facts

6 servings per container

Serving size 1.75 cups (179g)

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 10g 13%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 490mg 21%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 1g Added Sugars 2%

Protein 20g 40%

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1mg 6%

Potassium 480mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: PEANUTS, ANCHOVIES

Recipe adapted from *Health meets Food* "Vietnamese Chicken, Cabbage, and Mint Salad" (7/14/20)



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