

Vietnamese Cabbage & Chicken Salad



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

YIELD 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

For the Poached Chicken:

1 lb	Chicken Breast, boneless, skinless
2 cloves	Garlic, crushed
1 each	Bay Leaf
4 cups	Water

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	Carrot, grated
½ each	Red Onion, thinly sliced
¼ cup	Cilantro, chopped
¼ cup	Basil, chopped
½ cup	Dry-Roasted Peanuts, unsalted, chopped

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!

Short on time? You can substitute a bag of pre-shredded coleslaw mix for the vegetables in the salad base and use leftover pre-cooked, shredded chicken to speed up the prep time for this make-ahead one bowl meal.

DIRECTIONS

1. Gather all ingredients and equipment. Prepare all ingredients as described above.
2. Poach the chicken: Place the chicken in a small saucepot and add garlic, and bay leaf. Pour the water over, adding more as needed to ensure the chicken is covered by at least one inch of water.
3. Bring to a boil over medium-high heat, checking the temperature with an instant read thermometer. Once the water reaches 175-180°F, reduce the heat to low. Partly cover the pot with a lid and cook for about 10 minutes. Turn off the heat and allow the chicken to sit for

another 10-15 minutes, until the meat reaches 165°F. Remove to a cutting board and allow to cool while prepping the salad.

4. Meanwhile, in a small bowl, whisk together the dressing ingredients and set aside.

5. In a large bowl, combine the cabbage, carrot, onion, and herbs. Add the dressing and toss together until well combined.

6. Shred the chicken using clean hands or two forks. Add to the salad and toss to combine.

7. To serve, top with the chopped peanuts. Enjoy at room temperature or chilled.

Nutrition Facts	
6 servings per container	
Serving Size	1 1/2 cups (224 g)
Amount per serving	
Calories	250
% Daily Value *	
Total Fat 13g	17%
Saturated Fat 1.5g	9%
<i>Trans Fat</i> 0g	
Cholesterol 55mg	18%
Sodium 430mg	19%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Contains less than 1g Added Sugars	1%
Protein 22g	45%
Vitamin D 0mcg	0%
Calcium 100mg	7%
Iron 1mg	7%
Potassium 600mg	12%
<small>*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.</small>	

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



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