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

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Prep: 10 minutes

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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

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