

Shanghai Chicken Salad

3 cups fresh spinach
2 cups romaine lettuce
1/2 cup sliced water chestnuts
1/2 cup thinly sliced carrots
1/2 red bell pepper, julienne
1-1/2 cups bean sprouts
2 teaspoons canola oil
2 skinless, boneless chicken breasts
1 tablespoon sesame seeds, toasted

Oriental dressing:

1 cup plain non-fat yogurt
1/4 cup low-sodium soy sauce
1 tablespoon oriental sesame oil
2 tablespoons red wine vinegar

1. Tear spinach and lettuce into bite-size pieces. In a large bowl, toss together spinach, romaine, water chestnuts, carrots, red pepper, and bean sprouts. Arrange on dinner plates.
2. Brush chicken with oil and grill until done. Slice diagonally into strips and place on top of salad. Sprinkle with toasted sesame seeds. Serve with dressing on the side.

Oriental Dressing: In a small bowl, whisk together yogurt, soy sauce, sesame oil and red wine vinegar.

Makes 4 servings.

Per serving: 193 calories, 7 gm total fat, 51 mg cholesterol, 131 mg sodium.

Source: *De**lite**fully HealthMark* by Susan Stevens, HealthMark Centers of Colorado

Comments: We like the flavor and crunch of this salad. I serve it with bread, and for us, this is a complete dinner. Previously cooked chicken can easily be substituted for the grilled chicken and the salad still tastes great.