



ASIAN SESAME CHICKEN CHOPPED SALAD

RECIPE PROVIDED BY: Dairy Farmers of Canada

RECIPE SOURCE: [Cookspiration.com](https://www.cookspiration.com)

RECIPE INFO

PREP. TIME: 20 mins

COOKING TIME: 25 mins

YIELDS: 4

INGREDIENTS

- 1 lb (450 g) chicken breast
- 1 tbsp (15 mL) low sodium teriyaki sauce
- 1 ½ cups (375 mL) plain yogurt
- 1 tbsp (15 mL) honey
- 1 tbsp (15 mL) peanut butter
- ½ tsp (2 mL) sesame oil
- 4 cups (1 L) cabbage coleslaw mix
- 1 cup (250 mL) steamed edamame
- 1 cup (250 mL) sliced cucumber
- 1 cup (250 mL) sliced red peppers
- 1 cup (250 mL) sliced mango
- ½ cup (125 mL) sliced green onions
- ¼ cup (60 mL) toasted sesame seeds
- 1 cup (250 mL) chow mein noodles

INSTRUCTIONS

STEP 1

Preheat oven to 425°F (220°C). Toss chicken in teriyaki sauce and place on a parchment lined baking sheet. Bake for 20 to 25 minutes or until chicken is no longer pink inside. Then, cut the meat into slices.

STEP 2

Meanwhile, in a medium sized bowl, whisk together yogurt, honey, peanut butter, and sesame oil. Set aside for later use.

STEP 3

Place the cabbage coleslaw mix in a large bowl. Add edamame, cucumber, red pepper, mango, green onions, sesame seeds, chow mein noodles and chicken slices. Serve with the yogurt dressing.

TIPS

If you prefer a sweeter dressing, pulse ½ cup (125 mL) of mango in a food processor until smooth and mix into the yogurt dressing.

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