

# Chinese Chicken and Walnut Salad

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/baby-spinach-chinese-recipe>

## Ingredients:

- 1/4 cup corn oil
- 2 tablespoons hoisin sauce
- 2 tablespoons soy sauce
- 2 tablespoons red wine vinegar
- 2 tablespoons sesame seeds
- 1 teaspoon minced garlic
- 1 teaspoon fresh ginger grated
- 10 ounces baby spinach
- 1/2 head chinese cabbage or Napa
- 2 large carrots peeled and julienned
- 4 whole green onions thinly sliced
- 1/2 cup chopped walnuts toasted, see NOTES below
- 2 cups cooked chicken shredded or chopped

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 60 milligrams
4. Fat: 36 grams
5. Fiber: 6 grams
6. Protein: 28 grams
7. SaturatedFat: 5 grams
8. Sodium: 790 milligrams
9. Sugar: 6 grams

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