

Chinese Chicken Pasta Salad with Sesame Dressing

Yield: 6 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chicken-pasta-salad-recipe>

Ingredients:

- 2 cups chicken cooked and chopped
- 3 cups romaine lettuce chopped
- 6 ounces rotini pasta about 2 cups cooked and cooled
- 1 cup red cabbage chopped
- 1/2 cup red onion chopped
- 1/2 cup carrots shredded
- 1/4 cup roasted almonds
- 1/3 cup chow mein noodles
- salt
- pepper
- 2 tablespoons vegetable oil
- 6 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- 1 tablespoon soy sauce
- 1 tablespoon sesame seeds
- 1/2 teaspoon fresh ground pepper
- 1/8 teaspoon salt

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 50 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 21 grams

7. SaturatedFat: 2 grams
 8. Sodium: 440 milligrams
 9. Sugar: 6 grams
-

Thank you for visiting our website. Hope you enjoy Chinese Chicken Pasta Salad with Sesame Dressing above. You can see more 18 chinese chicken pasta salad recipe Try these culinary delights! to get more great cooking ideas.