

Chinese Crispy Chicken Salad with Sesame Dressing

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-salt-and-pepper-chicken-strips-recipe>

Ingredients:

- 6 tablespoons fresh lemon juice
- 1/3 cup soy sauce
- 1/4 cup vegetable oil
- 2 tablespoons toasted sesame oil
- 1 tablespoon rice vinegar
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 teaspoon black pepper
- 16 ounces chicken strips Applegate Organics®
- 1/2 pound sugar snap peas trimmed
- 1 pound napa cabbage chopped
- 1 pound romaine lettuce chopped
- 1 bunch celery ribs thinly sliced on the diagonal
- 12 ounces jicama peeled and cut into matchsticks
- 1 bunch scallions trimmed and thinly sliced on the diagonal
- 2 tablespoons sesame seeds, toasted

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 35 milligrams
4. Fat: 33 grams
5. Fiber: 10 grams
6. Protein: 20 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1860 milligrams
9. Sugar: 7 grams

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