

Chinese Pasta Salad

Yield: 4 min
Total Time: 6 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-wonton-skin-recipe>

Ingredients:

- 15 wonton skins 3-inch, sliced into ¼ inch strips
- 1/4 cup canola oil for frying
- 4 cups chopped romaine lettuce
- 1 chicken breast shredded
- 2 green onions chopped, optional
- 1/4 cup sliced almonds toasted lightly
- 1 tablespoon sesame seeds
- 2 cups pasta noodles cooked and cooled
- 1 1/2 tablespoons vegetable oil
- 6 tablespoons seasoned rice vinegar
- 1 teaspoon sesame oil
- 1 1/2 teaspoons sugar
- 2 teaspoons light soy sauce
- 2 tablespoons sesame seeds
- unchecked? 1/2 tsp ground pepper
- 1/8 teaspoon salt

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 35 milligrams
4. Fat: 28 grams
5. Fiber: 3 grams
6. Protein: 15 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 300 milligrams
9. Sugar: 2 grams

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