

# Chinese Chicken Salad with Sesame Dressing

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 12 wonton skins 3- inch, sliced into 1/4? strips
- 1/4 cup canola oil for frying
- 4 cups chopped romaine lettuce
- 1 chicken breast shredded
- 2 green onions chopped
- 1/4 cup sliced almonds toasted lightly
- 1 tablespoon sesame seeds
- 2 cups pasta noodles cooked fusilli, cooled
- 1 1/2 tablespoons grapeseed oil or canola oil
- 6 tablespoons seasoned rice vinegar
- 1 teaspoon sesame oil add more to taste if you prefer a strong sesame taste
- 1 1/2 teaspoons sugar
- 2 teaspoons light soy sauce
- 2 tablespoons sesame seeds
- 1/2 teaspoon fresh ground pepper
- 1/8 teaspoon kosher 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: 3 grams
8. Sodium: 300 milligrams
9. Sugar: 2 grams

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