

Chinese Chicken Kale Salad with Peanut Dressing

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pickled-radish-carrot-recipe>

Ingredients:

- 1 bag kale Earthbound Farm Cook Me, Blend
- 2 carrots peeled into long ribbons using a vegetable peeler
- 1 cup edamame shelled, cooked and cooled
- 1 cup jicama chopped or julienned, remove skin first
- 1/2 cup radishes sliced
- 1 Orange or yellow bell pepper, cut into thin strips
- 1/4 cup cilantro leaves
- 2 green onions thinly sliced
- 2 cups cooked chicken shredded or diced
- 1/3 cup peanuts chopped
- 1/4 cup toasted sesame seeds
- 1/4 cup creamy peanut butter
- 1/3 cup rice vinegar
- 2 tablespoons sugar
- 2 tablespoons sesame oil
- 2 tablespoons soy sauce
- 2 tablespoons minced ginger fresh or from a jar

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 60 milligrams
4. Fat: 37 grams
5. Fiber: 10 grams
6. Protein: 33 grams
7. SaturatedFat: 7 grams
8. Sodium: 620 milligrams

9. Sugar: 12 grams

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