

# Sesame Chicken Salad with Avocado

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-sesame-stick-recipe>

## Ingredients:

- 3 tablespoons extra virgin olive oil
- 1/2 tablespoon sesame oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1/2 teaspoon freshly grated ginger
- 1 clove garlic minced
- salt to taste
- pepper to taste
- 2 cups chicken cooked and shredded
- 4 cups green cabbage or red, shredded
- 1 cup carrots shredded
- 1/2 cup edamame shelled
- 1/2 cup slivered almonds
- 4 green onions thinly sliced
- 1/2 cup cilantro roughly chopped
- 1 medium avocado thinly sliced
- 1/4 cup sesame sticks optional
- 3 tablespoons extra virgin olive oil
- 1/2 tablespoon sesame oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1/2 teaspoon freshly grated ginger
- 1 clove garlic minced
- salt
- pepper
- 2 cups chicken cooked and shredded
- 4 cups red cabbage shredded
- 1 cup carrots shredded
- 1/2 cup edamame shelled

- 1/2 cup slivered almonds
- 1/2 cup cilantro roughly chopped
- 4 green onions thinly sliced
- 1 medium avocado thinly sliced
- 1/4 cup sesame sticks optional

## **Nutrition:**

1. Calories: 930 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 145 milligrams
4. Fat: 60 grams
5. Fiber: 19 grams
6. Protein: 59 grams
7. SaturatedFat: 9 grams
8. Sodium: 1090 milligrams
9. Sugar: 18 grams

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