

# Crunchy Cabbage Asian Slaw with Chicken

Adapted from Kalyn's Kitchen



## Servings: 4

1. Thinly slice Napa cabbage, then coarsely chop. Add to a large bowl.
2. Add sugar snap peas, radishes, green onion, cilantro, asparagus, chicken and arugula.
3. DRESSING: In a bowl or glass measuring cup stir together the white wine vinegar, sweetener, soy sauce, garlic, sesame oil, ginger puree, and Sriracha sauce. Whisk in the mayo until ingredients are well combined.
4. Toss salad ingredients, add enough dressing to coat ingredients, and toss again. Add salt and pepper to taste.
10. Toast the sliced almonds in a dry pan over high heat for 1-2 minutes (just until the nuts are fragrant). Add almonds as a garnish to the salad. Add more cilantro on top if desired.



4 cups Napa cabbage, thinly sliced then coarsely chopped

1 cup sugar snap peas, ends trimmed, sliced

1/2 cup radishes, sliced into half-moon shapes

1/3 cup green onion, sliced

1/2 cup cilantro, chopped

2 cups cooked chicken, cubed

1 cup fresh asparagus, steamed and cooled

3 cups arugula, chopped

1/2 cup sliced almonds, toasted, for garnish

1/4 cup cilantro, for garnish

### ASIAN MAYO DRESSING:

1 tablespoon white wine vinegar

1 teaspoon Monkfruit sweetener, or sugar or honey

2 teaspoons soy sauce, low sodium if possible

1 teaspoon garlic, smashed and minced

1 teaspoon dark sesame oil

1/2 teaspoon grated ginger root

1/2 teaspoon Sriracha sauce

1/3 cup mayonnaise

Salt and freshly ground black pepper to taste

*Per Serving (excluding unknown items): 432 Calories; 30g*

*Fat (59.1% calories from fat); 30g Protein; 17g*

*Carbohydrate; 5g Dietary Fiber; 66mg Cholesterol; 370mg*

*Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean*

*Meat; 1 Vegetable; 3 Fat; 0 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**