

Fumi Chinese Chicken Salad (Updated)

Adapted from a luncheon I attended some years ago.



Servings: 8

If you don't add lettuce to this dish, it will keep for a few days, but the lettuce wilts, obviously, within a few hours. If you choose to do that, add twice as much cabbage. If you want to make this lower in fat, switch the proportion of oil and rice wine vinegar. This salad requires a surprising amount of dressing. The recipe indicates it serves 8. It will, if in moderate, lunch-sized servings. For a dinner entree, this served 6. Also, you don't use the ramen seasoning packets (which contain tons of sodium) so the nutrition count is way off on this recipe.

SALAD:

- 1/2 head cabbage, chopped
- 1 bunch green onions, minced
- 6 ounces Top Ramen, noodles only, not seasoning packets (chicken flavor)
- 6 cups chicken breast
- 1/4 cup sliced almonds
- 1/4 cup toasted sesame seeds
- 1 bunch cilantro, minced
- 1/2 whole hothouse cucumber, chopped
- 3 cups lettuce, iceberg, sliced
- 1 cup sugar snap peas, chopped
- 2 corn on cob, whole, cut off the cob, raw

DRESSING:

- 2/3 cup canola oil
- 1/3 cup seasoned rice vinegar
- 2 teaspoons dark sesame oil
- 1 1/2 tablespoons sugar, [I used Truvia]
- 1 tablespoon pepper
- 2 teaspoons salt
- 1 tablespoon peanut butter, optional

1. CHICKEN: If you have the time, steep (cook) the chicken by bringing a few cups of water to a boil, add a cut-up carrot, an onion, a bay leaf and some celery, simmer for a few minutes, then add the chicken to the pot. Bring to a boil again and gently simmer for 5 minutes (yes, five minutes). Turn off the heat, cover, and set aside for at least 30 minutes, then remove chicken to cool. Save broth for another purpose, if desired. When chicken is cool, shred or chop into small bite-sized pieces. You may also use leftover chicken for this. This steeping method will give you a very tender and moist piece of chicken. If the chicken is very cold (or partially frozen) you will need to simmer it longer. If using any chicken pieces with bones, make sure when you chop the chicken, it is cooked through before adding to the salad.

2. DRESSING: In a jar heat the rice wine vinegar and sugar in the microwave just hot enough so the sugar dissolves. Allow to cool, then add other ingredients, shake well, and set aside until ready to serve.

3. SALAD: chop up the cabbage, lettuce, onions, sugar snap peas, corn and cucumber. Toss these things in a large salad bowl until well mixed, then add in cilantro and chicken and mix a little. Top with almonds, sesame seeds and Top Ramen noodles. Pour dressing (you'll use most of it) over and toss well. If desired, you may sprinkle some more toasted sesame seeds on top.

Per Serving (excluding unknown items): 618 Calories; 42g Fat (60.3% calories from fat); 36g Protein; 26g Carbohydrate; 4g Dietary Fiber; 91mg Cholesterol; 1103mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 5 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>