

Fumi Chinese Chicken Salad

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 wine vinegar. This salad requires a surprising amount of dressing. The Top Ramen adds even more fat to the dish, so I usually make it without it when making it at home. 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
- 2 packages Top Ramen, noodles only, not seasoning packets
- 5 each chicken breast halves without skin
- 1/4 cup sliced almonds
- 1/4 cup toasted sesame seeds
- 1 bunch cilantro, minced
- 1/2 whole English cucumber, chopped
- 3 cups lettuce, iceberg, sliced

DRESSING:

- 2/3 cup canola oil
- 1/3 cup seasoned rice vinegar
- 2 teaspoons dark sesame oil
- 3 tablespoons sugar, or Splenda
- 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, 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 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): 437 Calories; 28g Fat (62.8% calories from fat); 21g Protein; 16g Carbohydrate; 2g Dietary Fiber; 43mg Cholesterol; 631mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 5 Fat; 1/2 Other Carbohydrates.

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