

Arcadian Harvest® Classic Asian Chicken Snap Pea Salad with Hoisin Vinaigrette

Servings

6

Calories

170

Prep Time

10 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

- 6 ounces Mann's Arcadian Harvest® Classic
- 18 ounces Mann's Stringless Sugar Snap Peas
- 18 ounces water chestnuts, canned, drained and sliced
- 1 red onion, small, thinly sliced
- 4 (4 ounces each) Chicken breasts, skinless, grilled and sliced
- toasted sesame seeds for garnish

Hoisin Vinaigrette

- 2 tablespoons Hoisin sauce
- 1 tablespoon white vinegar, distilled
- 3 tablespoon grapeseed oil or safflower oil
- 1 tablespoon toasted sesame oil (such as Asian)

The Method

Combine Mann's Arcadian Harvest®, Sugar Snap Peas and water chestnuts in a large bowl and toss with enough vinaigrette to lightly coat.

Transfer to serving bowl and top with grilled chicken and red onion.

For Hoisin Vinaigrette:

Combine hoisin sauce and vinegar in a bowl. Slowly whisk in both of the oils until emulsified.



Nutrition Facts

Serving Size: 318g | Servings: 6

Amount Per Serving

Calories 170 | Total Fat 4g (sat fat 0.5g trans 0g) | Cholesterol 55mg | Sodium 85mg | Total Carbohydrate 15g | Dietary Fiber 3g | Sugars 3g | Protein 20g | Vitamin D 0% | Calcium 2% | Iron 6% | Potassium 8%