



# Honey Sesame Rainbow Chop Salad

**Servings**

2

**Calories**

310

**Prep Time**

30 minutes

**Total Time**

40 minutes

**Skill Level**

Medium

## Ingredients

### Main Ingredients

1 (12 ounces) package Mann's Rainbow Salad

½ pound boneless, skinless chicken breast

1 teaspoon garlic, minced

1 tablespoon olive oil, extra virgin

salt and pepper to preference

### Dressing Ingredients

2 tablespoons sesame seeds, toasted

1 tablespoon honey

1 tablespoon rice wine vinegar

½ tablespoon olive oil, extra virgin

½ tablespoon pure sesame oil

½ teaspoon soy sauce

pinch of pepper flakes

½ teaspoon ginger, fresh

½ teaspoon garlic, fresh

pinch of salt and pepper

water to customize consistency





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## The Method

Chop the chicken into bite size pieces and toss with salt, pepper, and garlic. Then, set aside.

Add all of the ingredients for the dressing to a mixing bowl and whisk to combine.

Taste the dressing and adjust seasonings or add water if you want a thinner consistency. Brown the chicken in a non-stick skillet with the extra-virgin olive oil. Allow to cool before tossing with the Rainbow salad and drizzling with dressing.

### Nutrition Facts

Servings: 329g | Servings: 2

#### Amount Per Serving

Calories 420 | Total Fat 22g (sat fat 2.5g trans 0g) | Cholesterol 85mg | Sodium 200mg | Total Carbohydrate 22g | Dietary Fiber 5g | Sugars 14g (Includes 9g Added Sugars) | Protein 31g | Vitamin D 0% | Calcium 0% | Iron 10% | Potassium 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs