



Asian Broccoli Cole Slaw Salad

Servings

6

Calories

550

Prep Time

15 minutes

Total Time

1 hour

Skill Level

Easy

Ingredients

- ½ pound chicken breasts, boneless
- 1 ½ cups Asian Dressing
- 2 (16 ounce) bags Mann's Broccoli Cole Slaw®
- ½ cup chopped green onions
- ¼ cup julienned-cut red bell pepper
- ⅔ cup toasted almond slivers
- 1 package Top Ramen noodles, uncooked
- 1 ½ cups Wonton skins, fried golden brown, well drained
- 1 tablespoon toasted sesame seeds



The Method

Coat chicken breasts with Asian style salad dressing and bake at 350°F for 30 minutes. Let cool for 20 minutes; cut chicken into julienne strips.

In a suitable size mixing bowl, combine Mann's Broccoli Cole Slaw®, green onion, red bell pepper and chicken breast; toss together. Chill until ready to serve.

Before serving, add toasted almonds, Ramen noodles, fried wontons and sesame seeds; toss. Pour dressing over salad and toss well to coat. Serve immediately.

Nutrition Facts

Serving Size: 550g | Servings: 6

Amount Per Serving

Calories 550 | Total Fat 28g (sat fat 4.5g trans 0g) | Cholesterol 65mg | Sodium 1220mg | Total Carbohydrate 65g | Dietary Fiber 7g | Sugars 16g | Protein 17g | Vitamin A 80% | Vitamin C 220% | Calcium 10% | Iron 20%