

## **Asian Salad**

- 1 chicken breast, flattened, sprayed with olive oil, well seasoned, grilled and sliced
- 1 lettuce, washed and torn
- 1 c snow peas, strings removed, cut in thirds or slivers on an angle
- 1 can sliced water chestnuts, drained
- 2-3 green scallions, chopped
- 1 c bean sprouts, well rinsed and drained
- 1/2 c dry noodles, broken into pieces, browned in oven until golden (Ramen or similar type. Serve extra on the side to those who are not overly health conscious)
- 1/2 c pine nuts, browned in 300 degree oven until golden (or toasted slivered almonds)

Mix salad ingredients, add dressing and serve right away to keep noodles crispy.

## **Dressing**

- 1 T olive oil (or a healthy oil of your choice)
- 1 T sugar (maple syrup, or your favourite sweetener)
- 2 T seasoned rice wine vinegar
- 1 T soya sauce
- 1 t sesame oil

Mix dressing ingredients to blend flavours. Make a double portion as a chicken dipping sauce or for those who prefer extra dressing.

**Jittery Cook**