

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Mandarin Orange Chicken Salad

From www.melskitchencafe.com

You can freeze 1-inch segments of fresh ginger (unpeeled) and pull them out to grate on a microplane or the small holes of a box grater for recipes like this. Also, the chile-garlic sauce adds great flavor to the dressing - add more if you want a touch of heat and just a tad if you want to enhance flavor without a lot of spice.

Dressing:

- 2 tablespoons low-sodium soy sauce
- 3 tablespoons rice vinegar
- 1 teaspoon minced fresh ginger (see note above)
- 2 tablespoons olive oil
- 1 teaspoon sesame oil
- 1-2 teaspoons chile-garlic sauce (see note above)
- 1 clove garlic, finely minced or pressed through a garlic press
- 1 tablespoon honey
- Salt and pepper to taste

Salad:

- 3-4 cups shredded cabbage (can use coleslaw mix)
- 3-4 cups chopped romaine lettuce
- 2 cans (11-ounces each) mandarin oranges, drained
- 3 cups cooked, chopped chicken (from a rotisserie chicken or this simple, stovetop method)
- 3 green onions, chopped
- 1-2 cups chow mein noodles (I found gluten-free non-gmo ones at Whole Foods) or toasted, chopped almonds (or both)

1. For the dressing, whisk together all the ingredients and season to taste with salt and pepper. Set aside or refrigerate until ready to use (it can be made several days in advance and refrigerated).
2. In a large bowl, toss together all the salad ingredients except for the chow mein noodles.
3. When ready to serve, pour the dressing over the salad and toss to combine (add the dressing gradually if you like less dressing - you may not need to add it all). Sprinkle the chow mein noodles or almonds on top and serve immediately.