



# Asian Chicken Salad



4 cups coleslaw mix (cabbage with shredded carrots)

1 cup shredded red cabbage

½ red bell pepper

1 cup shredded chicken breast

¼ cup slivered almonds

2 green onions

1/2 cup halved water chestnuts

## Asian Dressing

¼ cup coconut or Bragg aminos

2 tablespoons rice vinegar or other light/white vinegar

2 tablespoons extra virgin olive oil

½ tablespoon toasted sesame oil

1 teaspoon grated fresh ginger

2-3 pitted dates\*

For the salad, place all ingredients in a large bowl or serving dish and toss to combine. For the dressing, combine all ingredients in a small blender or food processor and blend until dates are completely ground and dressing is a slightly creamy mixture. Can add water to thin as needed for desired consistency.

\* For lower glycemic content, omit dates or only use one date then substitute with your favorite sweetener like stevia or monk fruit.

**Yield:** 8 cup servings

**Nutritional information:** Calories 139.  
Carbohydrates 12 grams with dates.



**Willis Knighton**  
Health