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# Oriental Chicken Salad (Applebee`s)

*Isla Van Noord*

*Nettles Island Cooking in Paradise - 2014*

**3 cups Romaine lettuce, chopped**  
**1 cup red cabbage**  
**1 cup napa cabbage**  
**1/2 cup carrots, julienne or shredded**  
**1 green onion, chopped**  
**1 tablespoon sliced almonds, toasted**  
**1/3 cup rice noodles**  
**1 egg**  
**1/2 cup milk**  
**1/2 cup flour**  
**1/2 cup corn flake crumbs**  
**1 teaspoon salt**  
**1/4 teaspoon pepper**  
**1 boneless/skinless chicken breast, cut into four to five inch strips**  
**3 teaspoons honey**  
**1 1/2 tablespoons red wine vinegar**  
**1/4 cup mayonnaise**  
**1/8 teaspoon sesame oil**  
**1 teaspoon Grey Poupon mustard**

In a small bowl, beat the eggs and milk well. Set aside.

In a bowl, combine the flour and corn flakes. Dip the chicken strips into the egg mixture and then the flour mixture. Fry the chicken fingers for 5 minutes, until brown.

In a bowl, combine the Romaine lettuce, red cabbage, napa cabbage, carrot, onion, almonds and rice noodles to form a salad. Set aside.

In a bowl, mix the honey, vinegar, mayonnaise, oil and mustard. Pour over the salad.

Add the chicken on top with a few extra mnoodles and almonds.

## Salads

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*Per Serving (excluding unknown items): 1653 Calories; 89g Fat (47.7% calories from fat); 86g Protein; 134g Carbohydrate; 11g Dietary Fiber; 433mg Cholesterol; 2813mg Sodium. Exchanges: 6 Grain(Starch); 9 1/2 Lean Meat; 3 1/2 Vegetable; 1/2 Non-Fat Milk; 6 Fat; 1 1/2 Other Carbohydrates.*