

## **Salad**

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# **Tropical Chicken-Mango Salad**

Renee Enna - Chicago Tribune  
Palm Beach Post

**Servings: 4**

**Start to Finish Time: 20 minutes**

### **DRESSING**

**1/4 cup + 1 tablespoon rice vinegar**

**2 tablespoons fish sauce**

**2 tablespoons sesame or olive oil**

**1 tablespoon honey or sugar**

**1 teaspoon ginger paste or 1-inch piece of ginger root (peeled and finely chopped)**

**1/4 teaspoon crushed red pepper (or to taste)**

**1/4 teaspoon minced garlic (or to taste)**

**freshly ground pepper**

### **SALAD**

**2 bags (6 ounces ea) romaine lettuce, iceberg shreds or shredded cabbage**

**1 cup mint, basil or cilantro (or a combination), chopped**

**1 pound precooked or rotisserie chicken, chopped or shredded**

**1 red, yellow or orange bell pepper, thinly sliced**

**1 large mango, diced**

**1/2 cup roasted, salted peanuts (or to taste)**

**1 lime, quartered**

For the dressing: In a small bowl, combine all of the dressing ingredients. Whisk until combined. Set aside.

For the salad: Toss the lettuce with the herbs. Divide among four shallow bowls.

Divide the chicken, bell pepper, mango and peanuts among the bowls. (The prettier that you arrange the ingredients, the more it will look like this salad took a long time to make).

Place a lime quarter, for squeezing, on each dish.

Stir the dressing before passing to serve.

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Per Serving (excluding unknown items): 58 Calories; 1g Fat (17.3% calories from fat); trace Protein; 13g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.