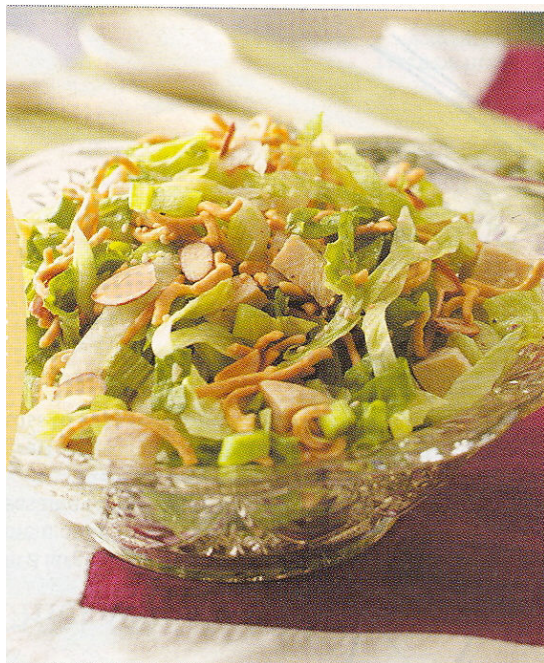


## Chicken

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# Chow Mein Chicken Salad

Taste of Home April 2008



**Servings: 4**

**4 cups shredded lettuce**  
**1 cup chow mein noodles**  
**2/3 cup cooked chicken breast half, cubed**  
**2 green onions, chopped**  
**4 teaspoons sliced almonds, toasted**  
**4 teaspoons sesame seeds, toasted**

### **VINAIGRETTE**

**1/4 cup vegetable oil**  
**4 1/2 teaspoons white wine vinegar**  
**1 tablespoon sugar**  
**1/4 teaspoon pepper**  
**1/8 teaspoon salt**

In a large salad bowl, combine the lettuce, chow mein noodles, chicken, onions, almonds and sesame seeds.

In a container with tight-fitting lid, combine the vinaigrette ingredients; shake well. Drizzle over salad; toss to coat.

Serve immediately.

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Per Serving (excluding unknown items): 303 Calories; 23g Fat (66.2% calories from fat); 12g Protein; 14g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 143mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 4 Fat; 0 Other Carbohydrates.