

Chinese Salad with Chicken



*From the Kitchen of
Denise Clark*

Serves 4



Ingredients:

Two Cooked Chicken

Breasts, Medium Diced

Small Head of Cabbage,

Chopped

½ Small White Onion , Small

Diced

Or ½ c Green Onion, Small Diced

1 Medium Green Bell

Pepper, Small Diced

Celery Ribs, Two, Small Diced

Chicken Flavored

Ramen Noodles, 1 Pkg.

Dressing:

1/2 c Vegetable Oil

1/4 c White Vinegar

1/4 c Splenda Sugar Substitute

1 c of Sliced Almonds

1 c of Sunflower Seeds

½ t Salt Substitute

Directions:

Take the oil, sugar, vinegar, one half of flavor packet from Ramen noodles; heat in saucepan until sugar melts. **Pour** hot mixture over chicken and veggies. **Then** right before you serve the salad, crush the Ramen noodles, add the nuts and noodles and mix the salad up.

Good hot and as cold leftovers.