



## Vietnamese Chicken, Cabbage, and Mint Salad

Slice the cabbage as thin as possible for the best results. If serving more people, this recipe easily scales up.

### U.S.

#### For the Dressing:

1 Tbsp	Sambal Oelek Chili Paste	15 mL
1 clove	Garlic, minced	1 clove
1 tsp (optional)	Honey	15 mL
1 Tbsp	Rice Wine Vinegar, not seasoned, gluten free	15 mL
1 each	Lime, juiced	1 each
1 Tbsp	Fish Sauce, gluten free	15 mL
1/2 medium	Red Onion, thinly sliced	1/2 medium
1 Tbsp	Olive Oil	15 mL

#### For the Salad:

1 1/2 lb	Chicken Breast, boneless, skinless (or 4 cups diced or shredded, if using pre-cooked chicken)	681 g
1 Tbsp	Olive Oil	15 mL
1/2 lb	Green Cabbage, thinly sliced*	227 g
1 each	Medium Carrot, shredded*	1 each
1 cup	Mint, chopped	45 g

### Preparation:

#### For the Dressing:

1. Gather all ingredients and equipment.
2. In medium bowl, stir together sambal oelek, garlic, honey, vinegar, lime juice, fish sauce, sliced onion, black pepper, and 1 tablespoon of oil.

#### For the Salad:

1. Butterfly the chicken breast by laying flat on a cutting board and slicing through it horizontally. You should now have two thin pieces of chicken.
2. Heat 1 tablespoon of oil in a saute pan over medium-high heat. Add the chicken and cook until browned on the bottom, about 3-5 minutes. Flip the chicken and continue to cook until the internal temperature of the chicken reaches 165°F. Once cooked, cut into thin strips.
3. In large bowl, toss cabbage, carrot, chicken, and mint together with tongs.
4. Pour in the dressing and toss with the tongs to combine. Serve at room temperature or chilled.

**\*Tip:** To save time, you can use 3 cups of coleslaw mix instead of shredding the carrots and cabbage as noted above

## **Nutrition Facts - Full Portion**

5 Servings

**Serving size** 1 1/2 cup

**Amount per serving**

**Calories** 250

<b>Total Fat</b>	9 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	5 g
<b>Cholesterol</b>	100 mg
<b>Sodium</b>	440 mg
<b>Total Carbohydrate</b>	8 g
Dietary Fiber	3 g
Total Sugars	4 g
Includes 1g Added Sugars	
<b>Protein</b>	33 g
Vitamin D	0 %
Calcium	4 %
Iron	26 %
Potassium	700 mg
Phosphorus	305 mg

## **Nutrition Facts - Bariatric Portion**

8 Servings

**Serving size** 1 cup

**Amount per serving**

**Calories** 150

<b>Total Fat</b>	6 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	3 g
<b>Cholesterol</b>	60 mg
<b>Sodium</b>	270 mg
<b>Total Carbohydrate</b>	5 g
Dietary Fiber	2 g
Total Sugars	2 g
Includes <1g Added Sugars	
<b>Protein</b>	20 g
Vitamin D	0 %
Calcium	3 %
Iron	11 %
Potassium	400 mg
Phosphorus	200 mg

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