

Oriental Salad Recipe with Mandarin Oranges

Dressing Ingredients

- 1/4 Cup White Wine Vinegar
- 1/4 Cup Soy Sauce
- 1 Cup Sesame Oil
- 1/2 Cup Light Olive Oil
- 1/4 Cup Sugar (I used a plant-based sugar with erythritol and monk fruit combined)
- 1/4 Teaspoon Pepper

Salad Ingredients

- 1 Head of Iceberg Lettuce
- 1/2 LB Snow Peas
- 1/4-1/2 Cup Green Onions
- Mandarin Oranges (fresh or canned)
- Grilled Chicken Strips
- Sesame Seeds
- Chow Mein Noodles

Dressing Instructions

Mix everything well with an immersion blender once all of the ingredients are combined.

Salad Instructions

Quickly blanch the snow peas for about one minute. Strain and set aside to cool. Marinate the warm chicken strips in some of the dressing while preparing the salad. Wash and cut the iceberg lettuce and place it in a large bowl. Wash and cut the green onions and place them in a bowl. Add the marinated chicken, snow peas, mandarin orange slices, and chow mein noodles to top of the lettuce. Pour the dressing on top and enjoy.