

Asian Chicken Salad with Wonton Crisps

8 wonton wrappers, cut into 1/4" strips 1 carrot shredded
1/4 cup rice vinegar or white wine vinegar 2 scallions, sliced
2 tbs hoisin sauce
2 tbs canola oil
1/4 tsp sesame oil
1 tbs grated fresh ginger
1 clove garlic, minced
1/4 tsp crushed red-pepper flakes
1 pound mixed greens
1 cup bean sprouts
1/2 pound cooked shredded chicken breast

Nutritional Facts:

Calories = 274

Fat = 10g Sat. Fat = 1g

Protein = 23g

Carbs = 23g

Fiber = 5g

Instructions:

Preheat oven to 400°F. Coat a baking sheet with cooking spray.

Separate the wonton strips and place them on the prepared baking sheet. Coat them lightly with cooking spray. Bake for 3 minutes, or until golden brown and crisp. Remove and set aside.

In large bowl, whisk together the vinegar, hoisin sauce, canola oil, sesame oil, ginger, garlic, and red-pepper flakes until blended. Add the greens, sprouts, chicken, carrot, scallions, and reserved wonton strips. Toss gently to mix and serve immediately.

Makes 4 servings

Source: The South Beach Diet Cookbook