## 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 thls hoisin sauce

2 tbls canola oil

1/4 tsp sesame oil

1 tbls 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

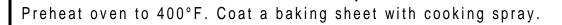
Fat = 10g Sat. Fat = 1g

Protein = 23g

Carbs = 23g

Fiber = 5g

## Instructions:



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