

Asian Sesame Salad

This salad turns into a main dish by adding chicken, or piling the salad mixture into your favorite tortilla (I like sun-dried tomato) for a delicious wrap.

Toss together the following:

1 bag Romaine Lettuce with Red Cabbage

1/3 C matchstick or shredded carrots (TIP: I buy matchstick carrots for salads, wraps, stir fries, and for kids lunches. Great timesaver and pleasing to the palate!)

1/4 C toasted slivered almonds (toast in a dry skillet over medium heat until fragrant and light brown)

1 small can mandarin oranges, drained

1 T sesame seeds

Won-Ton strips for sprinkling on top

Optional add-ins: (almost anything can be tossed in!) edamame beans, snow peas, napa cabbage, green onion, red pepper, chicken, chow mein noodles

Dressing: So good! No Substitutes! Make it!

1/2 C Canola or Veg oil, 1/3 C sugar, 1 tsp salt, 1 tsp sesame oil, 3 Tbsp soy sauce, 2 Tbsp Rice vinegar, 1 tsp grated fresh garlic. Put all ingredients in jar with a tight fitting lid and shake well to blend.



Photo Credit: Julie Nicole Photography