

Ingredients for the Chinese Chicken Salad:

1 heart romaine lettuce
2 cups spring mix lettuces
1/2 cup julienned carrots
1/2 cup julienned red bell pepper
2 green onions chopped
1/2 cup edamamme cooked and shelled
1 cup chopped grilled chicken
3/4 cup chow mein noodles

**Ingredients for the Chinese Chicken Salad Dressing:**

1 tsp garlic powder
1/2 tsp dried parsley
1/2 tsp dried basil
few cracks black pepper
1 tsp honey
1 tsp soy sauce
2 tsp sesame oil
1 tsp Sriracha
2 tsp dijon mustard
4 tbsp olive oil
2 tbsp rice wine vinegar

Directions:

1. Start by making the Chinese Chicken Salad Dressing: In a jar with a tight fitting lid combine garlic powder, dried parsley, dried basil, black pepper, honey, soy sauce, dijon mustard, Sriracha, sesame oil, rice wine vinegar and olive oil. Shake well and set aside. Doing this step first ensures that the flavors will blend together.
2. For the salad: Chop Romaine lettuce. Slice carrots and red bell pepper into thin strips. Dice green onion. In a bowl, combine romaine lettuce, spring mix lettuces, carrots, red bell pepper, green onions and edamamme. Add the dressing and toss. Add chow mein noodles and chicken and keep tossing.

Plate it up and enjoy! Serves 2-3 entree portions or 4-6 side portions.