



Chopped Asian Chicken Salad

Crispy chicken breast strips served alongside fresh greens served with a tangy Asian sesame dressing.

Servings: 10 Chicken Salads (1 per serving)

Ingredients	Amount	Amount
Tyson® WG Breaded Golden Crispy Whole Muscle Filets #70300-928		10 ea.
Romaine Lettuce Leaves, cut into 1" pieces	21 oz.	2 ¾ C.
Tri-Colored Cole Slaw Veggie Mix	12 oz.	1 ½ C.
Cucumbers, fresh, cut into a ½" dice	9.50 oz.	1? C
Matchstick Carrots, fresh	3.50 oz.	1¼ C
Green Onions, fresh, thinly sliced	2 oz.	15 Tbsp.
Mandarin Orange Segments, canned, drained thoroughly	9.50 oz.	1? C
Red Bell Pepper, fresh, cut into ¾" wide slices	4.50 oz.	1¼ C
Light Asian Sesame Dressing Packets, commercially prepared		10 ea.

DIRECTIONS:

1. Cut each thawed chicken filet into 5 equal sized strips. Heat the filets in a preheated 350°F convection oven for 12-16 minutes, or until the minimum internal temperature reaches 165°F.
2. Mix the chopped romaine lettuce, tri-colored cole slaw mix, diced cucumbers, matchstick carrots and the sliced green onions in a mixing bowl.
3. To build the salads arrange 2¼-cups of the prepared chopped salad into individual serving bowls. Top each bowl of salad with 2-tablespoons of the sliced red bell peppers and 5-each of the mandarin orange segments. Top each salad with 5 chicken strips (1 cut filet). Garnish the top of each salad with 1-teaspoon of sliced green onions. Once Chopped Asian Chicken Salad per serving.

TYSON® PRODUCTS USED:

#70300-928, Tyson® WG Breaded Golden Crispy Whole Muscle Filets

Sku Number: 70300-928

CN Portion	1 piece
M/MA (oz)	2.00
Grain (oz)	1.00
Vegetable (oz)	0.00
Calories	240
Total Fat (g)	11.00
Saturated Fat (g)	2.00
Sodium (mg)	480
Carbs (g)	14
Protein (g)	21

