

Asian Salad Bowl

INGREDIENTS	6 SERVINGS
	Measure/Weight
Soba noodles	½ lb
Bok choy, shredded	½ head
Red, green and yellow peppers	1 each mix
Snow peas	12 oz.
Mandarin oranges	1 can, in natural juice (11 oz.)
Grilled chicken	1 lb
Sesame seeds to garnish (optional)	2 oz.
Rice cakes (cheddar or variety)	12
KEWL ASIAN DIP	
Granulated garlic	1 tsp
Rice vinegar	½ cup
Ground ginger	1 tsp
Olive oil	½ cup
Reduced sodium soy sauce	½ cup
Water	½ cup
Honey	1 oz.

PREPARATION

1. Prepare Soba noodles according to manufacturer's directions.
2. Shred and steam bok choy for approximately 3-5 minutes. Cook until stalks are tender and leaves just wilted. Be careful not to overcook.
3. Dice peppers.
4. Serve in a bowl.
5. Place noodles in bottom of bowl.
6. Arrange bok choy, peppers, snow peas and oranges around perimeter of bowl in individual clumps.
7. Place sliced grilled chicken on top.
8. Sprinkle with sesame seeds (optional).
9. Serve with 2 tablespoons of Kewl Asian Dip and 1 rice cake.



KEWL ASIAN DIP

1. Combine all ingredients in a mixer bowl.
2. Blend for 3 minutes at medium speed.
3. Cover and refrigerate at 41°F or below until ready to serve.
4. For best results, refrigerate overnight to develop flavors.
5. Stir or shake well before serving.

NUTRITION INFORMATION: Calories: 382, Total fat: 13.2, Saturated fat: 1.9g, Trans fat: 0g, Sodium: 696mg, Carbohydrates: 44.8g