

Chicken and Vegetable Rice Noodle Salad

Ingredients

Dressing:

- 1/2 cup tahini (ground sesame seeds)
- 2 Tbs lemon juice
- 1 tsp honey
- 1-2 cloves garlic
- 2-3 Tbs water (to thin)
- Pinch salt (optional)

Salad:

- 1/2 cup cooked rice noodles
 - 3 oz cooked chicken, chopped
 - 2 Tbs green onions
 - 1/2 cup snap peas, halved
 - 1/2 red bell pepper, sliced
 - 1/4 cup cucumbers, sliced
 - 1 cup salad greens
- Optional Toppings:
- Mandarin oranges
 - Toasted sesame seeds



When the weather starts to warm up in May we spend less time in the kitchen and more time outside. This is a healthy recipe that uses leftover chicken and quick cooking rice noodles featuring the first snap peas and green onions of the season.

Instructions:

1. To make dressing, mix tahini, lemon juice, honey and garlic.
2. Slowly whisk in water until creamy and smooth. Set aside.
3. Boil water and pour over bowl of dry rice noodles. Let sit for 10 minutes until noodles soften, then drain and set aside.
4. Combine noodles, cooked chicken and green onions in bowl, add enough dressing to coat.
5. Serve by topping bed of salad greens with snap peas, bell pepper and cucumber. Add dressed noodles, chicken and green onions.
6. Garnish with more dressing, mandarin oranges and/or sesame seeds as desired.

Tip: There will be several servings of tahini dressing leftover which can be used on 1 to 4 more salads or is excellent drizzled over roasted vegetables the next day.



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