

## **Shredded Chinese Chicken Salad**

**makes 4 servings**

### Salad

- 1 boneless, skinless chicken breast
- 1 large carrot, peeled and sliced into thin coins
- 1 head napa cabbage, chopped
- ½ red bell pepper, sliced into ½-inch strips
- 2 tablespoons chopped cilantro
- 2 teaspoons toasted sesame seeds, plus more for garnish

### Dressing

- ½ teaspoon toasted sesame oil
- 1 tablespoon Bragg's Liquid Aminos, tamari, or soy sauce
- ½ teaspoon minced fresh ginger
- 1 tablespoon rice vinegar
- 1 tablespoon almond butter
- 1 tablespoon Vegemaise or mayonnaise
- 2 tablespoons canola or olive oil

1. Place the chicken breast in a steamer pot over boiling water. Cook for 8 minutes, or until cooked through. Cool and pull apart into bite-size pieces.
2. In a large bowl, combine the chicken, carrot, cabbage, bell pepper, cilantro, and sesame seeds.
3. Place the dressing ingredients in the bowl of a food processor and pulse to combine.
4. Add the dressing to the salad and toss to combine. Top with additional sesame seeds, if desired, and serve.

Note : Add slivered almonds, chopped cashews, or peanuts if you like.

*\*recipe by Catherine McCord*