



OMG! TOP CHICKEN SALAD

volume
2

50
recipes

OMG! Top 50 Chicken Salad Recipes Volume 2

Marie T. Brunell

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50 Awesome Chicken Salad Recipes

1. Apple Cranberry Chicken Salad

Serving: 2 servings. / Prep: 15mins / Cook: 0mins

Ingredients

- 1-1/2 cups cubed cooked chicken breast
- 1 celery rib, thinly sliced
- 1/2 cup chopped red apple
- 1/4 cup dried cranberries
- 1/3 cup fat-free mayonnaise
- 2 lettuce leaves
- 1 bacon strip, cooked and crumbled
- 2 tablespoons crumbled blue cheese
- 2 tablespoons chopped almonds

Direction

- Mix cranberries, apple, celery, and chicken together in a small bowl. Mix in mayonnaise. Put on a lettuce-lined serving dish; use almonds, blue cheese, and bacon to sprinkle.

Nutrition Information

- Calories: 352 calories
- Sodium: 572mg sodium
- Fiber: 4g fiber)
- Total Carbohydrate: 25g carbohydrate (17g sugars
- Cholesterol: 94mg cholesterol
- Protein: 35g protein. Diabetic Exchanges: 4 lean meat
- Total Fat: 13g fat (4g saturated fat)

2. Applebees Low Fat Asian Chicken Salad Recipe

Serving: 4 / Cook: 30mins

Ingredients

- 1c. terriyaki marinade
- 4 chicken breast fillets
- Dressing:
- 2c water
- 1/2c granulated sugar
- 3Tbs dry pectin
- 1Tbs white vinegar
- 1/2tsp. soy sauce
- 1tsp. salt
- 1/4tsp garlic powder
- 1/4tsp gr. black pepper
- 1/4 tsp paprika
- 8c chopped romaine
- 8c. chopped iceburg
- 3c shreaded red cabbage
- 3c shreaded green cabbage
- 2c shreaded carrots
- 1c chopped green onion
- 1 1/3c chow mein noodles

Direction

- Combine teriyaki marinade and chicken breasts in a medium bowl or plastic bag. Marinate chicken 3-4 hours.

- Prepare the dressing by combining all ingredients in small saucepan over medium heat. Bring mixture to a rolling boil, stirring often with a whisk, then remove the pan to cool. When dressing has cooled, pour in covered container and chill.
- When chicken has marinated, preheat grill to high. Grill chicken 3-4 mins. each side till done. Combine the romaine and iceberg lettuce, red and green cabbage and 1 cup shredded carrots in a lg. bowl with dressing. Toss well Divide the tossed greens among 4 plates
- Sprinkle 1/4c of green onions over each salad, followed by 1/3c crispy chow mein noodles. When chicken breasts are done, slice each one, widthwise, into bite size pieces. Sprinkle the sliced chicken breasts over each salad.
- Place a 1/4c pile of shredded carrots in the center of each salad.

3. Asian Chef Salad Recipe

Serving: 4 / Cook: 40mins

Ingredients

- 1 3 oz package Oriental flavor ramen noodle soup mix
- 1 cup sliced almonds
- 1 cup bottled red wine vinaigrette
- 1 16 oz package coleslaw mix or broccoli slaw mix
- 2 cups shredded cooked chicken
- 1 cup fresh cilantro leaves
- 2 scallions, both white and light green parts, chopped for 1 cup

Direction

- Break up the ramen noodles with your hands and place them and the almonds on a rimmed baking sheet. Bake at 350 degrees until the noodles and almonds turn light brown, 6-7 minutes.
- Pour the red wine vinaigrette into a measuring cup and stir in the packet of seasoning from the ramen noodle soup mix. Set the salad dressing aside.
- Place the slaw mix, chicken, cilantro, and scallions in a large serving bowl. Toss to combine the ingredients well.
- Just before serving, pour the salad dressing over the salad and toss to coat. Scatter the toasted almonds and noodles on top and serve.

4. Asian Chicken Salad Recipe

Serving: 2 / Cook: 28mins

Ingredients

- Oriental Dressing
- 3 tbsp. of honey
- 1 1/2 tbsp. of rice wine vinegar
- 1/4 c. of mayonnaise
- 1 tsp. of Grey Poupon Dijon Mustard
- 1/8 tsp. of sesame oil
- Salad
- 1 skinless chicken breast half
- 1 egg
- 3 c. of chopped romaine lettuce
- 1 c. of red cabbage
- 1 c. of napa cabbage
- 1/2 c. shredded carrot
- 1 chopped green onion
- 1 tbsp. of sliced almonds
- 1/3 c. of chow mein noodles
- 1/2 c. of milk
- 1/2 c. of flour
- 1/2 c. of cornflake crumbs
- 1 tsp. of salt
- 1/4 tsp. of pepper
- 2 c. of vegetable oil (for frying)

Direction

- First you want to preheat oil in deep pan over medium flame.
- The temperature of the oil to be around 350 degrees.
- Now you can blend together all ingredients for dressing in a small bowl.
- Then put the dressing in refrigerator. Chill.
- Now take a small bowl and beat the egg, add milk, and mix well.
- Then take another bowl, add and mix the flour with corn flake crumbs, salt and pepper.
- Take and cut up the chicken breast into 4 or 5 long strips.
- Now dip each strip of chicken first into egg mixture then into the flour mixture, coating each piece completely.
- The chicken will need to fry for approx. 5 minutes or until coating has darkened to brown.
- Next you can make the salad by tossing the chopped romaine with the chopped red cabbage, Napa cabbage, and carrots.
- Sprinkle sliced green onion on top.
- Now add the almonds over the salad, then the chow mein noodles.
- Add in the chicken into small bite-size chunks.
- Put the chicken scattered over the salad.
- Serve with salad dressing.

5. Asian Orzo Salad Recipe

Serving: 6 / Cook: 10mins

Ingredients

- 1 pack sugar snap peas, cooked
- 4-5 chopped green onions
- 2 cups orzo, cooked
- 3 cups diced cooked chicken
- 1/2 cups toasted almonds
- 1 cup diced water chestnuts
- 1 diced red pepper
- Dressing:
- 1/2 cup oil
- 2 tbsp soy sauce
- 3 tbsp rice wine vinegar
- 2 tsp hoison sauce

Direction

- Combine orzo, chicken, almonds, water chestnuts and green onions. Salt and pepper to taste.
- Whisk together dressing and add to pasta. Toss in sugar snap peas and serve.

6. Asian Salad With Tangy Orange Dressing Recipe

Serving: 6 / Cook: 25mins

Ingredients

- 1 box of Tyson chicken tenders
- 2 cups of baby spinach (washed, dried, and drained)
- 2 cups of romaine lettuce (washed, dried, drained and chopped)
- 2 cups of arugula (washed, dried, drained, and chopped)
- 2 cups of shred carrots
- 1 red pepper seeded and thinly sliced
- 1 english cucumber (peeled and sliced)
- 1 cup of button mushroom slices (canned works well also)
- 1 cup of snow pea pods
- 1 can of water chesnut slices (drained)
- 1/2 cup of soy sauce
- 1/2 cup of EVOO
- 1/2 cup of orange marmalade
- 2 tsp of white wine vinegar
- 1 tsp of garlic powder
- 1/2 cup of slivered almonds
- 1/2 cup of crispy chow mein noodles
- salt and pepper to taste

Direction

- Prepare chicken tenders according to package directions. When they are done, slice into bite sized pieces.

- In a medium bowl combine soy sauce, EVOO, marmalade, vinegar and garlic powder and salt and pepper. Wisk together well.
- In a large salad bowl combine greens and other veggies.
- Add in chicken tenders and dressing. Toss well.
- Sprinkle with almonds and chow mein noodles. Serve.

7. Avocado Chicken Salad

Serving: 5 servings. / Prep: 20mins / Cook: 0mins

Ingredients

- 3 cups cubed cooked chicken
- 2 medium ripe avocados, peeled and cubed
- 1/4 cup cubed peeled jicama
- 1/4 cup pimientos, diced
- 1/2 cup sour cream
- 1/4 cup mayonnaise
- 2 tablespoons minced fresh cilantro
- 2 tablespoons lime juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup chopped green onions
- 5 romaine leaves

Direction

- Mix together pimientos, jicama, avocados and chicken in a big bowl. Mix together pepper, salt, lime juice, cilantro, mayonnaise and sour cream in a small bowl, then pour over chicken mixture and toss to coat well. Place onions on top, then serve on lettuce leaves.

Nutrition Information

- Calories: 416 calories
- Cholesterol: 95mg cholesterol
- Protein: 27g protein.
- Total Fat: 30g fat (7g saturated fat)

- Sodium: 267mg sodium
- Fiber: 6g fiber)
- Total Carbohydrate: 10g carbohydrate (2g sugars

8. Berry Chicken Salad

Serving: 4 servings. / Prep: 10mins / Cook: 10mins

Ingredients

- 4 boneless skinless chicken breast halves (4 ounces each)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 package (6 ounces) fresh baby spinach
- 1 cup fresh raspberries
- 1 cup halved fresh strawberries
- 2/3 cup crumbled goat cheese
- 3 tablespoons chopped pecans, toasted
- 1/4 cup prepared fat-free raspberry vinaigrette

Direction

- Season the chicken with pepper and salt
- Put the seasoned chicken in a grill rack (greased) placed over medium heat ; cover and let it grill, or put the chicken in a broiler and let it broil 4 inches away from the heat source for 4 to 7 minutes on every side or until an inserted thermometer indicates 165°F.
- Mix the cheese, spinach, pecans and berries together in a big bowl. Slice the grilled chicken into pieces and put it into the salad mixture. Pour in the vinaigrette and mix everything gently until well-coated. Serve it right away.

Nutrition Information

- Calories: 268 calories
- Sodium: 391mg sodium

- Fiber: 5g fiber)
- Total Carbohydrate: 15g carbohydrate (7g sugars
- Cholesterol: 86mg cholesterol
- Protein: 28g protein. Diabetic Exchanges: 4 lean meat
- Total Fat: 12g fat (4g saturated fat)

9. Blackened Mexican Caesar Salad Recipe

Serving: 4 / Cook: 20mins

Ingredients

- 4 chicken breasts
- 2 tablespoons chili powder
- 2 tablespoons paprika
- 1-1/2 teaspoons kosher salt
- 1-1/2 teaspoons finely ground black pepper
- 1-1/2 teaspoons garlic powder
- 1-1/2 teaspoons onion powder
- 1-1/2 teaspoons garlic salt
- 1 teaspoon finely crushed bay leaves
- 1/2 teaspoon white pepper
- 1/2 teaspoon cayenne pepper
- 3 tablespoons vegetable oil
- Salad:
- 2 heads romaine washed and chopped
- 8 roma tomatoes 4 diced and 4 cut into wedges for garnish
- 40 white corn tortilla chips
- 3 avocados diced
- 1/4 cup parmesan cheese grated
- 1 tablespoon red chili flakes
- juice of 3 limes
- 4 tablespoons fresh cilantro chopped
- 2 tablespoons Italian parsley chopped
- 25 blue corn tortilla chips for garnish
- 1/2 cup caesar salad dressing

Direction

- Rinse chicken and pat dry then combine blackening spices in a bowl.
- Coat chicken lightly with spice mixture.
- In a hot cast iron skillet sauté chicken in oil searing breasts on both sides.
- Reduce heat to low then cook until chicken is no longer pink inside and juices run clear.
- Remove and cool slightly then slice into strips.
- Toss romaine, diced tomatoes, tortilla chips, avocado, and all but a few teaspoons of cheese.
- Stir in salad dressing, chili flakes, lime juice, cilantro and parsley.
- Toss lightly to avoid bruising lettuce or avocado.
- Divide salad among four large plates and arrange blackened chicken slices on top of each salad.
- Sprinkle each with remaining cheese then place wedges and blue chips around outside of plate.

10. CHINESE SLAW SALAD Recipe

Serving: 8

Ingredients

- 1 (16 oz.) bag fresh cole slaw cabbage mix
- 5 green onions, chopped
- 2 pkgs. chicken ramen noodles broken into sm. pieces
- 1/2 c. sugar
- 1/4 c. oil
- 1/3 c. apple cider vinegar
- 2 pkgs.veggie Ramen seasoning mix
- sunflower seeds (optional)

Direction

- Mix coleslaw mix, green onions and broken Ramen noodles; set aside.
- Mix together sugar, oil, apple cider vinegar and veggie Ramen seasoning.
- Add to coleslaw mix and chill for 2 hours.
- Right before serving, top with sunflower seeds, if desired.

11. Caesar Chicken Salad Squares Recipe

Serving: 4 / Cook: 40mins

Ingredients

- Filling
- 2 cups cubed (1/8 to 1/4 inch) cooked chicken breast or 1 (12.5-oz.) can chunk chicken breast in water, drained
- 2 oz. (1/2 cup) shredded mozzarella cheese or Italian cheese blend
- 1 tablespoon grated parmesan cheese
- 1 tablespoon bacon flavor bits
- 2 tablespoons regular or reduced-fat Caesar dressing
- 1 tablespoon regular or light mayonnaise
- 1 teaspoon minced garlic
- 1 teaspoon lemon juice
- Crust
- 1 (8-oz.) can Refrigerated Regular or Reduced Fat Crescent dinner rolls
- Garnish, if desired
- 1/4 cup Caesar dressing
- 1 cup shredded romaine lettuce

Direction

- Heat oven to 375°F. In medium bowl, mix all filling ingredients until well combined.
- Unroll dough; separate into 4 rectangles. Place on ungreased cookie sheet; press each into 6x4-inch rectangle, firmly pressing perforations to seal. Spoon about 1/2 cup chicken mixture onto center of each dough rectangle

- With knife, cut each corner of each rectangle from edge to within 1/2 inch of filling. Bring the 8 points of each rectangle up over filling; firmly pinch to seal, forming a square.
- Bake at 375°F. for 16 to 21 minutes or until deep golden brown.
- Remove from cookie sheet. Garnish each with 1 tablespoon Caesar dressing and 1/4 cup shredded lettuce.

12. Caesar Chicken Pasta Salad Recipe

Serving: 6 / Cook: 15mins

Ingredients

- 1 pkg. (10 oz.) Perdue Shortcuts Original roast chicken or 3 cups grilled, shredded chicken
- prepared penne (about 6 ounces uncooked pasta), run under cold water to chill
- 2 cups thinly sliced romaine lettuce
- 1-1/2 cups grape tomatoes
- 1/2 cup thinly sliced fresh basil
- 1/2 cup chopped green onions
- 1/3 cup fat-free caesar salad dressing
- 1/4 cup chopped fresh parsley
- 1 pkg. (4 oz.) crumbled feta cheese
- 1 clove garlic, minced

Direction

- Combine all ingredients in a large bowl; toss well to coat.

13. Caesar Salad Recipe

Serving: 10 / Cook: 10mins

Ingredients

- 6 ounces of olive oil
- 2 garlic cloves, minced
- 2 Tbsp red wine vinegar
- 1/2 tsp salt
- 1/2 tsp coarse ground pepper
- 1 Tbsp capers
- 1 tsp Dijon mustard
- 1/2 tsp worchestershire sauce
- 6 drops of tobasco (or more!)
- 1 tsp of anchovy paste
- 1 egg
- 1/2 cup grated parmesan
- 6 ounces of chicken breast per person
- 1 romaine lettuce, torn
- croutons

Direction

- Coat the chicken breast with Cajun spices and fry till done. Cool.
- Wash and dry the Romaine Lettuce
- Add the rest of the ingredients except the oil.
- Start the blender on low and take the top cap off. SLOWLY drizzle the olive oil in. The dressing will turn a whitish colour.

- Stir in the grated parmesan and use on the torn Romaine.
- Garnish with croutons and the chicken, cut into bite sized pieces.
- Enjoy with a chunk of French bread.

14. Chicken & Chutney Salad

Serving: 6 servings. / Prep: 15mins / Cook: 0mins

Ingredients

- 1 carton (6 ounces) plain yogurt
- 1/4 cup light coconut milk
- 1-1/2 teaspoons curry powder
- 2 cups cubed cooked chicken
- 2 cups green grapes, halved
- 6 green onions, chopped
- 1/2 cup dried cranberries
- 1/3 cup mango chutney
- 1/4 cup slivered almonds, toasted

Direction

- Whisk together curry, milk and yogurt in a small bowl until smooth.
- Mix together cranberries, onions, grapes and chicken in a big bowl. Drizzle over with yogurt dressing and toss to coat well. Fold in mango chutney, then chill for a minimum of an hour.
- Sprinkle over with almonds right before serving.

Nutrition Information

- Calories: 267 calories
- Total Carbohydrate: 34g carbohydrate (26g sugars)
- Cholesterol: 45mg cholesterol
- Protein: 16g protein. Diabetic Exchanges: 2 lean meat

- Total Fat: 8g fat (2g saturated fat)
- Sodium: 208mg sodium
- Fiber: 2g fiber)

15. Chicken Bow Tie Toss

Serving: 2 servings. / Prep: 30mins / Cook: 0mins

Ingredients

- 1 cup uncooked bow tie pasta
- 1 cup cubed cooked chicken breast
- 1/3 cup each chopped sweet yellow, red and green pepper
- 1/3 cup chopped red onion
- 1 teaspoon Salad Supreme Seasoning
- 1/4 teaspoon seasoned salt
- 1/3 cup zesty Italian salad dressing

Direction

- Following the package directions to cook pasta. Drain and rinse under cold water. Mix together seasoned salt, salad seasoning, onion, peppers, chicken and pasta in a bowl then pour the Italian dressing over and toss to coat. Keep cold until serving.

Nutrition Information

- Calories:
- Sodium:
- Fiber:
- Total Carbohydrate:
- Cholesterol:
- Protein:
- Total Fat:

16. Chicken Caesar Salad Recipe

Serving: 4 / Cook: 20mins

Ingredients

- Ingredients:
- 4 small boneless skinless chicken breast halves
- 6oz uncooked Frozen or fresh gnocchi or other types of dried pasts
- 1 pkg. (9oz) frozen artichoke hearts, thawed
- 1 ½ cherry tomatoes, quarter
- ¼ cup plus 2 Tbs. plain nonfat yogurt
- 2 Tbs. reduced-calorie mayonnaise
- 2 Tbs. grated romano cheese
- 1 Tbs. sherry or red wine vinegar
- 1 clove garlic, minced
- ½ tsp. Anchovy past
- ½ tsp. Dijon mustard
- ½ tsp. white pepper
- 1 small head romaine lettuce, torn into bite-size pieces
- 1 cup toasted bread cubes

Direction

- Method:
- 1) Grill or broil chicken breasts until no longer pink in the center; set aside
- 2) Cook pasta according to the package omitting salt. Drain and rinse well under cold water until pasta is cool; drain well. Combine pasta, artichoke hearts, and tomatoes in a large bowl; set aside.

- 3) Combine yogurt, mayonnaise, cheese, sherry, garlic, anchovy paste, mustard and white pepper in small bowl; whisk until smooth. Add to pasta mixture; toss to coat evenly.
- 4) Arrange lettuce on platter or individual plates. Spoon pasta mixture over lettuce. Thinly slice chicken breasts and place on top of pasta. Sprinkle with bread cubes.
- Calories per serving: 379

17. Chicken Caesar Salad Wraps Recipe

Serving: 4

Ingredients

- 2 cups thinly sliced romaine lettuce
- 1 can (10 ounces) premium chunk breast of chicken in water, drained and flaked
- 1 medium tomato, diced
- 1 can (5 ounces) sliced water chestnuts, drained
- 1/4 cup creamy caesar salad dressing
- 1 tablespoon grated parmesan cheese
- 4 (8-inch) flour tortillas, plain or flavored

Direction

- In a medium bowl, combine the lettuce, chicken, tomato, water chestnuts, salad dressing and Parmesan cheese. Toss until well combined. Divide the mixture evenly among the tortillas. Wrap the tortillas around the filling, and serve.
- Servings: 4
- Nutritional Information per Serving:
- Calories 330; Total fat 14g; Saturated fat 3g; Cholesterol 25mg; Sodium 840mg; Carbohydrate 34g; Fiber 4g; Protein 18g

18. Chicken Maybe, Asian Slaw Recipe

Cook: 15mins

Ingredients

- For the Slaw
- 4 Cups shredded cabbage of choice (1 small)
- 1 medium carrot, shredded
- 1/2 Red Pepper, medium dice
- 1/2 Green Pepper, medium dice
- 3 Green Onions diced
- 2 Tablespoons Sesame Seeds
- 1/2 Cup sliced almonds
- To turn it into a Main Dish Salad
- 2 Cups cooked chicken, diced (optional)
- For the Dressing
- 1 clove Garlic, minced
- 1 Tablespoon Pickled or Fresh Ginger, minced
- 2 Tablespoons Honey
- 2 Tablespoons Soy Sauce
- 2 Tablespoons Sesame Oil
- 2 Tablespoons Rice Wine Vinegar
- 1/4-1/2 teaspoon Chinese Hot Mustard
- 1/8-1/4 teaspoon crushed red pepper flakes

Direction

- Run your knife through the cabbage to make a dice instead of long strips. Place in a large bowl along with the rest of the Slaw ingredients.

- Whisk together the Dressing ingredients in a small bowl. Add 1/2 to slaw mixture, stir, add a little more, and stir. Keep adding until you get the slaw moist but not runny. I never quite use all of the dressing. I save the rest to use on tossed salad.
- If serving as a main dish, top 1 cup of slaw with 1/2 cup diced cold chicken. I don't mix the chicken with the slaw as the chicken does not last as long in the fridge as the slaw is able to.

19. Chicken Poppy Seed Salad

*Serving: 4 servings plus 1 cup leftover dressing. / Prep: 30mins /
Cook: 15mins*

Ingredients

- 3 tablespoons thawed limeade concentrate
- 1/4 teaspoon pepper
- 3/4 pound boneless skinless chicken breasts, cut into thin strips
- 1 tablespoon canola oil
- DRESSING:
- 1/2 cup white vinegar
- 1/3 cup sugar
- 1 teaspoon dried minced onion
- 1 teaspoon ground mustard
- 1/2 teaspoon salt
- 1 cup canola oil
- 1 tablespoon poppy seeds
- SALAD:
- 1 package (6 ounces) fresh baby spinach
- 2 cups sliced fresh strawberries
- 1 cup fresh sugar snap peas, trimmed
- 1 small red onion, chopped
- 1/2 cup pecan halves, toasted

Direction

- Combine pepper and limeade concentrate in a large resealable plastic bag; add in the chicken. Close bag and turn to cover. Let sit for 2 hours in the refrigerator.

- Strain and discard marinade. Sauté chicken with oil in a large skillet till not pink anymore.
- In the meantime, add salt, mustard, onion, sugar, and vinegar in a blender. During processing time, add oil in a steady stream gradually. Mix in poppy seeds.
- Use 1/2 cup of dressing, chicken, onion, peas, and strawberries to toss with spinach in a large serving bowl. Use pecans to dredge over. Reserve leftover dressing in the fridge.

Nutrition Information

- Calories: 479 calories
- Total Fat: 35g fat (3g saturated fat)
- Sodium: 167mg sodium
- Fiber: 5g fiber)
- Total Carbohydrate: 23g carbohydrate (15g sugars
- Cholesterol: 47mg cholesterol
- Protein: 22g protein.

20. Chicken Quinoa Salad

Serving: 6 / Prep: 15mins / Cook: 20mins

Ingredients

- 1 teaspoon extra-virgin olive oil, or to taste
- 1 cup quinoa, rinsed
- 2 cups chicken broth
- 15 fresh asparagus, cut into 1-inch pieces
- 2 cups chopped cooked chicken
- 12 grape tomatoes, quartered
- 1/4 cup finely chopped fresh basil
- 1/4 cup grated Parmesan cheese
- 1 clove garlic, minced
- 1/4 cup extra-virgin olive oil
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/4 teaspoon red pepper flakes

Direction

- In a sauce pan on medium heat, Heat 1 teaspoon olive oil; stir and cook quinoa for 2 to 3 minutes until slightly toasted and water has evaporated from quinoa. Then add in chicken broth and make it boil for five minutes
- Cover the sauce pan, minimize heat to low, and simmer for about 15 minutes until quinoa has absorbed the broth and is tender. Separate saucepan from heat and let it sit for five minutes; use fork to fluff.

- In a bowl, combine the garlic, Parmesan cheese, basil, tomatoes, chicken, asparagus, and quinoa. Drizzle 1/4 cup olive oil over the salad and add red pepper flakes, pepper and salt; mix until coated equally.

Nutrition Information

- Calories: 313 calories;
- Total Carbohydrate: 22
- Cholesterol: 38
- Protein: 19.4
- Total Fat: 16.5
- Sodium: 473

21. Chicken Salad With Caesar Dressing

Serving: 4 / Cook: 60mins

Ingredients

- 1 whole-grain English muffin, halved
- 5 ounces diced canned or fresh cooked chicken breast
- Caesar Dressing, recipe follows
- Lettuce leaves, optional
- Tomato slices, optional
- Onion slices, optional
- Caesar Dressing:
 - 1/3 cup mashed ripe avocado (from about 1/2 avocado)
 - 1 clove garlic, minced (about 1 teaspoon) or 1/4 teaspoon garlic powder
 - 2 tablespoons fresh lemon juice
 - 2 teaspoons Worcestershire sauce
 - 1/2 teaspoon Dijon mustard
 - 1/4 cup grated Parmesan cheese
 - 3/4 teaspoon kosher salt or coarse sea salt
 - 1/2 teaspoon ground black pepper
 - 1 teaspoon anchovy paste, optional

Direction

- Toast the English muffin and set aside.
- In a bowl, add the chicken and some of the Caesar Dressing and toss to combine.

- Layer both halves of the English muffin with lettuce, tomato and onion slices, if desired. Spoon the chicken salad mixture evenly on top.
- Caesar Dressing:
- Yield: 3/4 cup
- Place the avocado, garlic, lemon juice, Worcestershire, mustard, Parmesan, salt, pepper, anchovy paste, if using, plus 6 tablespoons water in a food processor or powerful blender and mix until thoroughly combined and smooth.

22. Chinese Cabbage Salad Recipe

Serving: 6 / Cook: 5mins

Ingredients

- 1 head of cabbage
- 1/2 cup of butter
- 1 packet of chicken flavored ramen noodles
- Dressing
- 1/2 cup olive or vegetable oil
- 1/3 cup of sugar
- 1/3 cup of rice vinegar
- 3 Tbs of soy
- 1 Tbs sesame oil

Direction

- Chop cabbage as you like
- Melt butter
- Crush and brown ramen noodles in butter
- WAIT until noodles are cooled to add the seasoning packet or the seasoning will just burn
- While browning the noodles, prepare the dressing
- Mix all ingredients
- I like to keep the cabbage, dressing and noodles separate until right before serving time. This keeps the cabbage crisp, the noodles crunchy and the dressing well mixed. It can tend to set on the bottom.

23. Chinese Chicken Chop Salad Recipe

Serving: 1 / Cook: 20mins

Ingredients

- 2 c loose packed shredded romaine salad
- 1-1/2 c loose packed shredded napa cabbage
- 1/3 c slivered carrots
- 1/3 c finely chopped whole scallions
- 1/3 c bean sprouts
- 3 Tbs. Asian dressing(such as a light sesame or whatever you like)
- 4 oz sliced grilled chicken breast
- 12 canned mandarin orange sections,drained(about 1/3 c)

Direction

- In a bowl, toss together lettuce, cabbage, carrots, scallions, sprouts, and dressing.
- Mound mixture on serving plate and top with chicken. Place oranges evenly around edge.
- I chopped my chicken and topped the salad.

24. Chinese Chicken Salad Recipe

Serving: 15 / Cook: 60mins

Ingredients

- 6-8 boneless/skinless chicken breasts
- 1 bottle teriyaki sauce
- 2-3 packages angel hair shredded cabbage (do not use the cole slaw with red cabbage & carrot)
- 2 bunches green onion, sliced (if you do not like a lot of green onion cut back on these some)
- 1 large package slivered almonds (do not use the sliced)
- 3 packages Maruchan chicken Flavored ramen noodle soup
- dressing
- 1 cup mayonnaise
- 1 cup safflower oil (like Saffola)
- 1/2 cup white vinegar
- 1/3 cup sugar
- 2 1/4 -3 seasoning packets from the Ramen soup mentioned above

Direction

- Prepare the dressing.
- In a large bowl, whisk together all the ingredients. You can adjust the amounts of sugar, vinegar, and seasoning to taste. Cover the dressing and refrigerate at least 4 hours or best if overnight.
- Cooking the Chicken

- Using a large skillet, place the chicken breasts and pour the entire bottle of Teriyaki over them. Sauté' the chicken until it is cooked thoroughly and the Teriyaki sauce has reduced to a glaze. Let the chicken cool and then cut slice and or cut into small pieces.
- Preparing the Noodles
- Place the Ramen noodles in a plastic bag and crush into very small pieces.
- Making the Salad
- Combine the cabbage, green onions, silvered almonds and chicken, toss well. Add the crushed Ramen noodles and toss with the dressing just before serving.

25. Chinese Duck Salad Recipe

Serving: 4

Ingredients

- Dressing:
- 1 teaspoon sea salt
- 1 teaspoon Dijon mustard
- 1 tablespoon hoisin sauce
- 1 tablespoon honey
- 2 tablespoon fresh lemon juice
- 1/3 cup fresh orange juice
- 2 tablespoon balsamic vinegar
- 2 tablespoon extra virgin olive oil
- 1/4 cup walnut oil
- Salad:
- breast from 1 roasted Chinese duck, skin and bones removed
- or roasted chicken or turkey
- 3 large oranges
- 1 cup strawberries
- 8 to 9 cup. mixed salad greens
- 1 bunch watercress, stems removed
- 1 sweet onion half, thinly sliced
- 2/3 cup toasted macadamia nuts

Direction

- Dressing:

- In a small bowl or food processor, mix sea salt, mustard, hoisin sauce, and honey.
- Stir in lemon juice, orange juice and vinegar.
- Gradually whisk in olive oil, then macadamia nut oil (or add oils slowly while processor is running).
- Dressing can be made one day ahead.
- Cover and refrigerate.
- Bring to room temperature and whisk before using.
- Salad
- Slice duck breast thinly and set aside between two layers of paper towels.
- Cut off peel and white pith from oranges.
- Working over a bowl to catch the juice, cut between membranes to release orange segments.
- Place segments in a bowl and set aside.
- Clean strawberries and remove stems.
- If they are larger than bite-size, cut in half.
- Toss salad greens and watercress with just enough dressing to coat.
- Divide greens among 4 dinner plates.
- Top each salad with duck slices, orange segments, and strawberries.
- Sprinkle with onion slices and macadamia nuts.
- Drizzle with a little of the remaining dressing.

26. Chunky Chicken Salad With Grapes And Pecans

Serving: 8 servings. / Prep: 25mins / Cook: 0mins

Ingredients

- 1/2 cup mayonnaise
- 2 tablespoons sour cream
- 1 tablespoon lemon juice
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 4 cups shredded rotisserie chicken
- 1-1/4 cups seedless red grapes, halved
- 1/2 cup chopped pecans
- 1/2 cup chopped celery
- 1/4 cup chopped sweet onion, optional
- Romaine leaves

Direction

- Combine the initial 5 ingredients in a large bowl. Lightly mix in onion (if preferred), celery, pecans, grapes and chicken till coated. Place on romaine to serve.

Nutrition Information

- Calories: 311 calories
- Sodium: 180mg sodium
- Fiber: 1g fiber)
- Total Carbohydrate: 6g carbohydrate (5g sugars
- Cholesterol: 70mg cholesterol
- Protein: 21g protein.

- Total Fat: 22g fat (4g saturated fat)

27. Contest Winning Strawberry Chicken Salad

Serving: 10 servings. / Prep: 15mins / Cook: 0mins

Ingredients

- 1 package (5 ounces) spring mix salad greens
- 1 small red onion, thinly sliced and separated into rings
- 1/2 cup cubed fresh pineapple
- 2 packages (6 ounces each) ready-to-use grilled chicken breast strips
- 2 medium tomatoes, seeded and chopped
- 1 medium cucumber, chopped
- 1 pint fresh strawberries, sliced
- 3/4 cup crumbled blue cheese
- 3/4 cup raspberry vinaigrette

Direction

- In a big shallow bowl, add salad greens. Arrange in rows with strawberries, cucumber, tomatoes, chicken, pineapple and onion, then sprinkle with blue cheese. Pour the vinaigrette over.

Nutrition Information

- Calories: 130 calories
- Sodium: 538mg sodium
- Fiber: 2g fiber)
- Total Carbohydrate: 13g carbohydrate (9g sugars
- Cholesterol: 30mg cholesterol
- Protein: 11g protein. Diabetic Exchanges: 1 lean meat
- Total Fat: 4g fat (2g saturated fat)

28. Creamy Cashew Chicken Salad

Serving: 6 servings. / Prep: 20mins / Cook: 0mins

Ingredients

- 4 cups cubed cooked chicken
- 1 cup chopped celery
- 1/2 cup chopped green pepper
- 1 jar (2 ounces) diced pimientos, drained
- 1/2 cup mayonnaise
- 1/3 cup heavy whipping cream
- 1/4 cup sour cream
- 3 tablespoons thinly sliced green onions
- 2 tablespoons minced fresh parsley
- 1-1/2 teaspoons lemon juice
- 1-1/2 teaspoons tarragon vinegar
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 cup salted cashews
- Leaf lettuce and additional cashews, optional

Direction

- Put together the pimientos, green pepper, celery and chicken in a big bowl; reserve.
- Mix the next 10 ingredients in a blender; cover and process till thoroughly blended. Put on top of chicken mixture; coat by tossing. Put cover and chill till serving.

- Fold in cashews just prior serving. Serve in a bowl lined with lettuce if wished. Scatter extra cashews over if wished.

Nutrition Information

- Calories: 508 calories
- Protein: 31g protein.
- Total Fat: 38g fat (10g saturated fat)
- Sodium: 534mg sodium
- Fiber: 2g fiber)
- Total Carbohydrate: 8g carbohydrate (3g sugars
- Cholesterol: 114mg cholesterol

29. Curried Chicken Rice Salad

Serving: 6 servings. / Prep: 25mins / Cook: 25mins

Ingredients

- 1 package (6.6 ounces) toasted almond rice pilaf
- 2 cups cubed cooked chicken
- 3/4 cup diced celery
- 1/2 cup dried cranberries
- 1/2 cup golden raisins
- 1/2 cup mayonnaise
- 1/3 cup chutney
- 3 tablespoons sour cream
- 2 tablespoons lemon juice
- 1 teaspoon curry powder
- 2 medium apples, cubed
- 6 lettuce leaves
- 1/4 cup sliced almonds, toasted

Direction

- Start by cooking the rice pilaf following the directions on the package, cool. Combine raisins, rice, cranberries, celery and chicken in a large bowl.
- Combine curry powder, lemon juice, sour cream, chutney and mayonnaise in a small bowl. Stir apples in. Then add the rice, coat it by tossing. Cover the bowl, put in the fridge for 2 hours at least.
- Serve the salad on top of lettuce, use almonds to garnish.

Nutrition Information

- Calories: 506 calories
- Sodium: 573mg sodium
- Fiber: 4g fiber)
- Total Carbohydrate: 55g carbohydrate (25g sugars
- Cholesterol: 53mg cholesterol
- Protein: 19g protein.
- Total Fat: 24g fat (4g saturated fat)

30. Delightful Chicken Salad

Serving: 2 servings. / Prep: 15mins / Cook: 15mins

Ingredients

- 1 boneless skinless chicken breast half (6 ounces)
- 1/2 medium onion, chopped
- 1 celery rib, chopped
- 2 teaspoons chicken bouillon granules
- 1 garlic clove, minced
- Dash pepper
- DRESSING:
- 1/2 cup mayonnaise
- 1 to 2 tablespoons minced fresh cilantro
- 2 tablespoons finely chopped onion
- Dash salt and pepper
- Assorted crackers, optional

Direction

- Mix together pepper, garlic, bouillon, celery, onion and chicken in a big saucepan, then fill in with water to submerge by 1 inch. Bring to a boil. Lower heat then cover and simmer until a thermometer reaches 170°, for about 15 to 20 minutes. Drain and reserve garlic, celery and onion
- Shred chicken then put in a bowl. Put reserved onion mixture into shredded chicken.
- Mix together pepper, salt, onion, cilantro and mayonnaise in a small bowl, then scoop over chicken mixture and stir gently to coat. Put cover and refrigerate to chill. Serve along with crackers if wished.

Nutrition Information

- Calories: 170 calories
- Total Fat: 4g fat (1g saturated fat)
- Sodium: 1137mg sodium
- Fiber: 3g fiber)
- Total Carbohydrate: 15g carbohydrate (8g sugars
- Cholesterol: 54mg cholesterol
- Protein: 19g protein.

31. Dijon Chicken Caesar Salad

Serving: 4 servings. / Prep: 20mins / Cook: 0mins

Ingredients

- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 tablespoon fat-free sour cream
- 2 teaspoons water
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- 1/4 teaspoon coarsely ground pepper
- 2 tablespoons grated Parmesan cheese, divided
- 7 cups torn romaine
- 3 cups julienned cooked chicken breast, warmed

Direction

- Beat the pepper, garlic, mustard, Worcestershire sauce, water, sour cream, oil and lemon juice together in a small bowl.
- Add a tablespoon of Parmesan cheese in, stirring. Put a quarter cup's worth of dressing with romaine, tossing. Distribute the salad equally into 4 plates.
- Put the chicken on top before drizzling the rest of the dressing over it. Scatter the rest of the Parmesan cheese on top before serving.

Nutrition Information

- Calories: 254 calories
- Sodium: 169mg sodium
- Fiber: 2g fiber)
- Total Carbohydrate: 5g carbohydrate (1g sugars
- Cholesterol: 83mg cholesterol
- Protein: 33g protein. Diabetic Exchanges: 4 lean meat
- Total Fat: 11g fat (2g saturated fat)

32. Family Favorite Chicken Salad

Serving: 4-6 servings. / Prep: 15mins / Cook: 0mins

Ingredients

- 2 cups cubed cooked chicken
- 1 cup frozen peas, thawed
- 1 cup halved seedless red grapes
- 1/2 cup sliced celery
- 1/4 cup sliced green onions
- 2 tablespoons minced fresh parsley
- 3/4 cup mayonnaise
- 1 teaspoon lemon juice
- 1/4 teaspoon salt
- Leaf lettuce, optional

Direction

- Mix the first 6 ingredients in a big bowl. Mix salt, lemon juice and mayonnaise in a small bowl. Drizzle over chicken mixture and stir to coat. Serve in a bowl lined with lettuce if wanted.

Nutrition Information

- Calories: 330 calories
- Protein: 15g protein.
- Total Fat: 26g fat (4g saturated fat)
- Sodium: 326mg sodium
- Fiber: 2g fiber)
- Total Carbohydrate: 9g carbohydrate (6g sugars
- Cholesterol: 52mg cholesterol

33. Grilled Chicken Caesar Salad Light Recipe

Serving: 4 / Cook: 10mins

Ingredients

- For the chicken:
- 4 (4-ounce) boneless skinless chicken breasts
- 1 teaspoon italian seasonings
- 1/2 teaspoon salt
- Freshly ground pepper
- For the crouton:
- 2 slices French bread, crusts removed and diced into 1/2 inch peices (about 1 1/2 cups)
- 1 clove garlic, pressed or finely minced
- 2 teaspoons extra virgin olive oil
- For the salad:
- 12 cups romaine lettuce, washed and torn or sliced
- 1/2 cup shredded parmesan cheese
- For the Creamy Caesar Dressing:
- 1/3 cup reduced - fat mayonnaise
- 3 tablespoons fresh lemon juice
- 2 teaspoons worcestershire sauce
- 1 teaspoon extra virgin olive oil
- 1 teaspoon anchovy paste, or 2 anchovies in oil, rinsed and smashed into a paste
- 1 teaspoon Dijon mustard
- 2 medium cloves garlic, pressed or finely minced
- 1/4 cup parmesan cheese
- 1/2 teaspoon salt

- Freshly ground pepper

Direction

- Prepare the dressing: Whisk all the ingredients together in a bowl. Set-aside.
- Prepare the croutons: Heat the oven to 350 degrees F. Combine the olive oil and garlic in a large bowl, add the bread cubes and toss to combine. Place on a cookie sheet in the oven and bake, stirring occasionally, until toasty and crisp, about 10 minutes. Watch them so they don't burn
- Remove from oven and set-aside.
- Prepare the chicken breasts: heat the grill to high. Season the chicken with the Italian seasonings, salt and pepper. Grill on a lightly oiled grill until cooked through, about 3 - 5 minutes per side. Remove and set-aside.
- Putting it all together: Combine the lettuce, Parmesan cheese and dressing in a large bowl. Toss well. Divide to individual serving plates. Slice the chicken and place on top. Add croutons and serve.
- Per Serving: 280 calories; 12g Fat (3g Sat, 7g Mono, 3g Poly); 64mg Cholesterol; 17g Carbohydrate; 3g Fiber; 1011mg Sodium.

34. Grilled Chicken Cucumber Salad

Serving: 2 servings. / Prep: 25mins / Cook: 15mins

Ingredients

- 1/2 cup cucumber ranch salad dressing
- 1/4 teaspoon dill weed
- 2 boneless skinless chicken breast halves (6 ounces each)
- 1 medium apple, cored and cut into 1/4-inch rings
- 2 cups mixed salad greens
- 1-1/4 cups sliced cucumber

Direction

- Mix dill and salad dressing in a small bowl. Reserve 1/4 cup of the dressing and place it into the large resealable plastic bag. Add the chicken into the bag and seal it. Flip the bag to coat the chicken and place it inside the refrigerator for 20 minutes
- Cover and refrigerate the remaining serving.
- Drain the chicken and discard the marinade. Dampen the paper towel with cooking oil. Use the long-handled tongs to wipe the grill rack with a coated paper towel. Place the chicken onto the grill rack with medium heat and cover. Grill each side of the chicken for 6 minutes
- You can also cook the chicken inside the broiler, placing it 4-inches away from the heat source until the thermometer inserted registers 170°F. Set aside and keep warm.

- Coat the apple rings with 1 tbsp. of the remaining dressing. Grill each side of the apple rings for 1 minute. Distribute the salad greens and cucumber in the two serving platters. Chop the chicken and arrange it over the greens. Add the apple rings, and serve it together with the remaining dressing.

Nutrition Information

- Calories: 356 calories
- Protein: 36g protein.
- Total Fat: 15g fat (2g saturated fat)
- Sodium: 551mg sodium
- Fiber: 4g fiber)
- Total Carbohydrate: 19g carbohydrate (12g sugars
- Cholesterol: 107mg cholesterol

35. Grilled Chicken With Arugula Salad

Serving: 4 servings. / Prep: 15mins / Cook: 15mins

Ingredients

- 2/3 cup plus 2 tablespoons olive oil, divided
- 1/4 cup finely chopped shallots
- 1/4 cup champagne vinegar or white wine vinegar
- 1 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 1/2 pound sliced baby portobello mushrooms
- 1/2 pound sliced fresh mushrooms
- 4 boneless skinless chicken breast halves (6 ounces each)
- 6 cups fresh baby arugula or baby spinach
- 1/2 cup shredded Parmesan cheese

Direction

- Mix the vinegar, 2/3 cup of oil, 1/4 teaspoon of pepper, shallots and 1/2 teaspoon of salt together in a small bowl until well-combined. Keep 3 tablespoons of the vinaigrette mixture aside for the dressing. Put the rest of the vinaigrette in a big bowl. Put in the mushrooms and mix well until coated
- Allow the mixture to rest for 5 minutes.
- Use a slotted spoon to take the mushrooms from the vinaigrette mixture. Place the mushrooms in a grill wok or basket then put it on a grill rack. Let the mushrooms grill while covered for 8-10 minutes over medium heat until the mushrooms have softened, mix it from time to time.

- Use a brush to coat the chicken with the rest of the oil and season it with the remaining pepper and salt. Put the seasoned chicken onto a grill over medium heat; cover and let it grill for 6 to 8 minutes on every side until an inserted thermometer indicates 165°F.
- In a big bowl, put in the grilled mushrooms, cheese and arugula. Pour in the reserved vinaigrette and mix everything together until well-coated. Serve the salad along with the grilled chicken.

Nutrition Information

- Calories:
- Total Fat:
- Sodium:
- Fiber:
- Total Carbohydrate:
- Cholesterol:
- Protein:

36. Mandarin Chicken Coleslaw

Serving: 2 servings. / Prep: 10mins / Cook: 0mins

Ingredients

- 1-1/2 cups coleslaw mix
- 3/4 cup cubed cooked chicken breast
- 1 snack-size cup (4 ounces) mandarin oranges, drained
- 2 tablespoons chopped almonds
- 1/4 cup sesame ginger salad dressing

Direction

- Mix almonds, coleslaw, oranges, and chicken together in a small bowl; toss in dressing until well coated. Serve right away.

Nutrition Information

- Calories: 283 calories
- Cholesterol: 40mg cholesterol
- Protein: 18g protein.
- Total Fat: 15g fat (2g saturated fat)
- Sodium: 349mg sodium
- Fiber: 2g fiber)
- Total Carbohydrate: 20g carbohydrate (17g sugars

37. Mantua Grilled Barnyard Pimp Caesar Salad Recipe

Serving: 6 / Cook: 15mins

Ingredients

- 1 can (10 3/4 ounces) condensed cream of chicken soup
- 1/2 cup water
- 2 tbsp. cider vinegar
- 2 tbsp. lemon juice
- 2 tsp. worcestershire sauce
- 4 cloves garlic, minced
- 1/2 tsp. ground black pepper
- 4 tbsp. grated parmesan cheese
- 6 skinless, boneless chicken breasts halves
- 1 large head romaine lettuce, torn into bite-size pieces
- 1/2 cup Caesar croutons

Direction

- Stir the soup, water, vinegar, lemon juice, Worcestershire, garlic, black pepper and 3 tablespoons cheese in shallow non-metallic dish or large resealable plastic bag...
- Set aside 1 1/4 cups for the dressing...
- Add the chicken to the remaining marinade and turn to coat...
- Cover the dish or seal the bag and refrigerate for 15 minutes...
- Lightly oil the grill rack and heat the grill to medium...

- Grill the chicken for 15 minutes or until cooked through, turning and brushing often with the marinade...
- Discard the remaining marinade. Thinly slice the chicken...
- Place the lettuce and chicken in a large bowl...
- Add the reserved dressing and toss to coat...
- Sprinkle with the croutons and remaining cheese...

38. Old Fashioned Chicken Macaroni Salad

Serving: 2 servings. / Prep: 15mins / Cook: 10mins

Ingredients

- 2/3 cup uncooked elbow macaroni
- 1/3 cup frozen corn
- 1 cup cubed cooked chicken
- 1/4 cup sliced celery
- 1 hard-boiled large egg, chopped
- 2 tablespoons chopped green pepper
- 1 tablespoon chopped onion
- 1/2 cup mayonnaise
- 2 teaspoons white vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Direction

- Following the instructions on the package, cook the macaroni; drain it off and wash under cold water. Cook corn following package instructions; drain off and let it cool.
- Mix onion, green pepper, egg, celery, chicken, corn and macaroni in a serving bowl. Mix pepper, salt, vinegar, and mayonnaise in a small bowl. Put on top of the salad and coat by mixing. Keep it covered and refrigerated for 2 hours prior to serving.

Nutrition Information

- Calories: 337 calories
- Total Carbohydrate: 34g carbohydrate (7g sugars)

- Cholesterol: 175mg cholesterol
- Protein: 28g protein.
- Total Fat: 10g fat (3g saturated fat)
- Sodium: 882mg sodium
- Fiber: 3g fiber)

39. Peach Chicken Salad

Serving: 4 servings. / Prep: 25mins / Cook: 0mins

Ingredients

- 3 medium peaches, peeled and cubed
- 2 cups cubed cooked chicken breast
- 1 medium cucumber, seeded and chopped
- 3 tablespoons finely chopped red onion
- MINT VINAIGRETTE:
- 1/4 cup white wine vinegar
- 1 tablespoon lemon juice
- 1/3 cup sugar
- 1/4 cup minced fresh mint
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 4 lettuce leaves

Direction

- Mix onion, cucumber, chicken and peaches in a large bowl; put aside. Mix pepper, salt, mint, sugar, lemon juice and vinegar in a blender; process with a cover until smooth. Drizzle over chicken mixture; toss to coat. Keep in the fridge with a cover until chilled
- With a slotted spoon, serve on plates lined with lettuce.

Nutrition Information

- Calories: 225 calories
- Total Fat: 2g fat (1g saturated fat)

- Sodium: 193mg sodium
- Fiber: 3g fiber)
- Total Carbohydrate: 30g carbohydrate (25g sugars
- Cholesterol: 54mg cholesterol
- Protein: 22g protein. Diabetic Exchanges: 2 lean meat

40. Pear & Chicken Salad With Gorgonzola

Serving: 6 servings. / Prep: 20mins / Cook: 0mins

Ingredients

- 1 package (22 ounces) Tyson® Grilled & Ready® Fully Cooked Frozen Grilled Chicken Breast Strips
- 1/4 cup seedless raspberry or blackberry jam
- 1/4 cup balsamic vinegar
- 1/4 teaspoon pepper
- 4 cups fresh baby spinach
- 4 cups torn romaine
- 1 small cucumber, halved and thinly sliced
- 1 medium pear, thinly sliced
- 1/4 cup crumbled Gorgonzola cheese
- 1/4 cup sliced almonds, toasted

Direction

- Based on instruction on the package, prepare the chicken. In the small-sized microwave safe bowl, mix the pepper, jam and vinegar. Microwave on high heat till becoming warm or for 10 to 15 seconds; stir till blended.
- In the big bowl, mix the romaine and spinach. Sprinkle with the dressing; coat by tossing. Move into the big platter; add the pear, cucumber and chicken on top. Drizzle with the almonds and cheese. Serve right away.

Nutrition Information

- Calories: 234 calories
- Total Carbohydrate: 19g carbohydrate (13g sugars)

- Cholesterol: 97mg cholesterol
- Protein: 27g protein. Diabetic Exchanges: 3 lean meat
- Total Fat: 7g fat (2g saturated fat)
- Sodium: 605mg sodium
- Fiber: 3g fiber)

41. Pineapple Apple Chicken Salad

Serving: 2 servings. / Prep: 10mins / Cook: 0mins

Ingredients

- 1 cup cubed cooked chicken breast
- 1/2 medium apple, chopped
- 1 snack-size cup (4 ounces) pineapple tidbits, drained
- 1/4 cup reduced-fat mayonnaise
- 2 tablespoons slivered almonds
- 1/4 to 1/2 teaspoon curry powder
- 2 cups torn mixed salad greens

Direction

- Combine the first six ingredients in a large bowl. Serve with greens.

Nutrition Information

- Calories: 301 calories
- Cholesterol: 64mg cholesterol
- Protein: 23g protein. Diabetic Exchanges: 3 lean meat
- Total Fat: 16g fat (2g saturated fat)
- Sodium: 302mg sodium
- Fiber: 4g fiber)
- Total Carbohydrate: 17g carbohydrate (11g sugars

42. Ranch Chicken Tortellini Salad

Serving: 9 servings. / Prep: 10mins / Cook: 15mins

Ingredients

- 1 package (19 ounces) frozen cheese tortellini
- 1 can (16 ounces) kidney beans, rinsed and drained
- 2 celery ribs, thinly sliced
- 1 cup cubed cooked chicken breast
- 4 bacon strips, cooked and crumbled
- 1 cup fat-free ranch salad dressing

Direction

- Follow the package directions to cook the tortellini, then drain and rinse under cold water. Put tortellini into a big bowl, then add bacon, chicken, celery and beans. Pour the dressing over the mixture and toss to coat well. Chill until serving.

Nutrition Information

- Calories: 247 calories
- Protein: 14g protein. Diabetic Exchanges: 2 starch
- Total Fat: 6g fat (2g saturated fat)
- Sodium: 611mg sodium
- Fiber: 3g fiber)
- Total Carbohydrate: 34g carbohydrate (4g sugars
- Cholesterol: 24mg cholesterol

43. Raspberry Chicken Salad

Serving: 4 servings. / Prep: 30mins / Cook: 0mins

Ingredients

- 1 cup 100% raspberry spreadable fruit
- 1/3 cup raspberry vinegar
- 4 boneless skinless chicken breast halves (4 ounces each)
- 8 cups torn mixed salad greens
- 1 small red onion, thinly sliced
- 24 fresh raspberries

Direction

- Mix together the vinegar and spreadable fruit in a small bowl, then reserve 3/4 cup for the dressing
- Let the chicken broil for 5 to 7 minutes per side, placed 4 inches from the heat source or until a thermometer registers 170 degrees, then use the leftover raspberry mixture to baste it from time to time. Allow to cool for 10 minutes.
- In the meantime, on the salad plates, lay out the onion and greens. Cut the chicken, then put it on top of the greens. Drizzle the reserved dressing on top. Put raspberries on to garnish.

Nutrition Information

- Calories: 320 calories
- Protein: 25g protein. Diabetic Exchanges: 3 starch
- Total Fat: 3g fat (1g saturated fat)
- Sodium: 97mg sodium

- Fiber: 3g fiber)
- Total Carbohydrate: 48g carbohydrate (0 sugars
- Cholesterol: 63mg cholesterol

44. Sesame Chicken Salad

Serving: Makes 4 servings

Ingredients

- 1/4 cup (about) vegetable oil
- 3 tablespoons unseasoned rice vinegar
- 4 tablespoons minced fresh ginger
- 1 tablespoon Dijon mustard
- 1/2 cup Dijon mustard
- 1/3 cup pure maple syrup
- 1 1/3 pounds chicken tenders
- 2/3 cup sesame seeds (preferably a mixture of black and white)
- 3 tablespoons (about) vegetable oil
- 1 5-ounce bag mixed greens
- 1/2 English hothouse cucumber, unpeeled, sliced thinly into rounds
- 2 large tomatoes, each cut into 8 wedges

Direction

- Preparation
- To make a dressing: In a bowl, mix all the ingredients. Use pepper and salt to season.
- For cooking chicken: In a bowl, mix syrup and mustard till blended. Put in chicken and let it marinate for 60 minutes.
- Spread sesame seeds over plate. Take chicken out of marinade; shake off the surplus. Using sesame seeds to coat chicken on both sides. Use pepper and salt to drizzle. On medium-high heat, in a big nonstick skillet, heat 1 tbsp. of oil

- Add and sauté chicken in the skillet, working in batches, for roughly 2 minutes on each side till just thoroughly cooked. Add chicken into a dish. Pour more oil into the skillet for each batch as necessary.
- In a big bowl, whisk tomatoes, cucumber and greens. Coat by tossing with enough dressing. Separate salad between 4 dishes. Add chicken on top; sprinkle with any leftover dressing then serve.

Nutrition Information

- Calories: 873
- Protein: 29 g(59%)
- Total Fat: 62 g(95%)
- Saturated Fat: 8 g(42%)
- Sodium: 1088 mg(45%)
- Fiber: 8 g(30%)
- Total Carbohydrate: 54 g(18%)
- Cholesterol: 62 mg(21%)

45. Simple Chinese Salad Recipe

Serving: 6

Ingredients

- 1/4 head purple cabbage
- 1/4 head green cabbage
- 2 green onions
- handful of slivered almonds
- 1/8 cup rice vinegar (more or less)
- few drops of sesame oil (or more, to taste)
- May add any other goodies, such as chopped cooked chicken, crispy chinese noodles, mandarin orange slices - what ever floats your boat! (or should I say, junket - LOL)

Direction

- Chop cabbage to your desired size pieces
- Slice onions the way you like them
- Mix together
- Stir vinegar and sesame oil together
- Add to cabbage just before serving (or else it will be wilted, which isn't a good thing)
- Sprinkle with almonds (if using)
- Only make enough that will be eaten in one day, this doesn't save so well once the oil/vinegar is added. (I speak from experience)

46. Slow Cooker Chicken Taco Salad

Serving: 6 servings. / Prep: 10mins / Cook: 03hours00mins

Ingredients

- 3 teaspoons chili powder
- 1 teaspoon each ground cumin, seasoned salt and pepper
- 1/2 teaspoon each white pepper, ground chipotle pepper and paprika
- 1/4 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper flakes
- 1-1/2 pounds boneless skinless chicken breasts
- 1 cup chicken broth
- 9 cups torn romaine
- Optional toppings: sliced avocado, shredded cheddar cheese, chopped tomato, sliced green onions and ranch salad dressing

Direction

- Combine all the seasonings and rub it all over the chicken. Place the chicken in a 3-quart slow cooker. Add the broth and let it cook for 3-4 hours on low setting, covered, until the chicken is tender.
- Remove the chicken and let it cool slightly. Use two forks to shred the chicken. Serve it over romaine; put topping as desired.

Nutrition Information

- Calories: 143 calories
- Fiber: 2g fiber)

- Total Carbohydrate: 4g carbohydrate (1g sugars
- Cholesterol: 63mg cholesterol
- Protein: 24g protein. Diabetic Exchanges: 3 lean meat
- Total Fat: 3g fat (1g saturated fat)
- Sodium: 516mg sodium

47. South Of The Border Chicken Salad With Tequila Lime Dressing

Serving: 4 servings. / Prep: 30mins / Cook: 0mins

Ingredients

- 2 romaine hearts, cut into 1/2-inch strips
- 2 cups shredded cooked chicken breast
- 3 plum tomatoes, seeded and chopped
- 1 medium ripe avocado, peeled and cubed
- 1/2 cup frozen corn, thawed
- 1/2 cup black beans, rinsed and drained
- 1/4 cup crumbled queso fresco
- 1/4 cup minced fresh cilantro
- 3 green onions, thinly sliced
- DRESSING:
- 3 tablespoons olive oil
- 3 tablespoons lime juice
- 2 tablespoons tequila
- 4-1/2 teaspoons honey
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground pepper

Direction

- Mix the first 9 ingredients in a big salad bowl. Whisk dressing ingredients together in a small bowl. Drizzle over salad and toss to coat.

Nutrition Information

- Calories: 404 calories
- Sodium: 258mg sodium
- Fiber: 7g fiber)
- Total Carbohydrate: 27g carbohydrate (10g sugars
- Cholesterol: 59mg cholesterol
- Protein: 27g protein. Diabetic Exchanges: 3 lean meat
- Total Fat: 21g fat (4g saturated fat)

48. Southwest Crunch Chicken Salad

Serving: 13 servings (1 cup each). / Prep: 30mins / Cook: 0mins

Ingredients

- 1-1/3 cups fat-free mayonnaise
- 1/2 cup minced fresh cilantro
- 1/4 cup lime juice
- 1/4 cup orange juice
- 2 garlic cloves, minced
- 1-3/4 teaspoons ground cumin
- 3/4 teaspoon grated orange zest
- 1/2 teaspoon salt
- 9 cups cubed cooked chicken breast
- 1-3/4 cups julienned peeled jicama
- 1-3/4 cups chopped celery
- 1-3/4 cups chopped sweet red peppers
- 1 cup chopped cashews
- 1/2 pound turkey bacon strips, diced and cooked

Direction

- Mix the first 8 ingredients in a small bowl. Mix the remaining ingredients in a big bowl. Put in mayonnaise mixture and toss to coat. Refrigerate until ready to serve.

Nutrition Information

- Calories: 286 calories
- Sodium: 653mg sodium
- Fiber: 3g fiber)
- Total Carbohydrate: 11g carbohydrate (5g sugars

- Cholesterol: 95mg cholesterol
- Protein: 33g protein. Diabetic Exchanges: 4 lean meat
- Total Fat: 12g fat (3g saturated fat)

49. Summer Chicken Salad With Raspberry Vinaigrette

Serving: 6 servings. / Prep: 20mins / Cook: 0mins

Ingredients

- 1 package (10 ounces) ready-to-serve salad greens
- 3-1/2 cups cubed cooked chicken
- 1 cup fresh sugar snap peas
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- 1 celery rib, thinly sliced
- 1/4 cup olive oil
- 3 tablespoons balsamic vinegar
- 1 tablespoon seedless red raspberry preserves
- 1/2 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon pepper
- 1/4 cup slivered almonds, toasted

Direction

- In a large bowl, put celery, berries, peas, chicken, and salad greens. In a small bowl, blend pepper, onion powder, salt, preserves, vinegar, and oil. Drizzle over salad; toss lightly to coat. Arrange almonds on top.

Nutrition Information

- Calories: 318 calories
- Sodium: 287mg sodium

- Fiber: 4g fiber)
- Total Carbohydrate: 14g carbohydrate (8g sugars
- Cholesterol: 73mg cholesterol
- Protein: 27g protein.
- Total Fat: 18g fat (3g saturated fat)

50. Thai Chicken Salad Recipe

Serving: 4 / Cook: 1hours

Ingredients

- Peanut Dressing:
- 1/2 c. peanut butter
- 1/2 c. boiling water
- 2 T. soya sauce
- 1/2 t. dry mustard
- 2 T. white vinegar
- 2 L crushed garlic cloves
- 1 t. crushed red pepper
- 1/4 c. finely chopped fresh coriander (optional)
- Salad:
- 4 skinless boneless chicken breast halves or 4 pieces cooked chicken
- 2 t. vegetable or sesame oil
- 1 large carrot
- 1 large red pepper
- Salt and pepper
- 1 t. sesame or peanut oil
- 1 to 2 T. water
- 1 c. bean sprouts
- 2 green onions
- 1 orange
- 1 head leaf lettuce

Direction

- Combine dressing. Slice chicken breasts into strips, season and stir fry. Julienne carrots and red pepper and stir fry until hot but crisp, about 1 minute. Mix bean sprouts with cooled vegetables. Diagonally slice green onions into thin pieces
- Cut, peel and membrane orange, then slice into 1/4" thick slices. Cut chicken into 1/2" wide strips and toss with vegetables. Tear lettuce into bite-size pieces and scatter over plates. Arrange vegetables, chicken and green onions on top. Stir dressing and drizzle over salads
- Top with orange slices and sprinkle with coriander.

Conclusion

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