Louisiana HARVEST of the MONTH

Crispy Wonton Chicken Salad

Home Recipe

Serves: 6
Prep Time: 10 minutes
Cook Time: 10 minutes

Ingredients

For the dressing

- 3 Tbsp rice vinegar
- 3 Tbsp toasted sesame oil
- 2 Tbsp peach or apricot preserves
- 2 Tbsp mayonnaise
- 1 Tbsp soy sauce
- 1 tsp chili powder
- ½ tsp onion powder
- Salt

For the salad

- 8 oz cooked chicken, shredded (2 cups)
- 8 wonton wrappers
- 2 romaine hearts, coarsely chopped
- 4 scallions, coarsely chopped
- ½ cup coarsely chopped fresh cilantro leaves with tender stems
- ½ cup coarsely chopped fresh mint leaves

Cooking Instructions

1) To make the dressing whisk together all the ingredients in a large bowl and season with salt to taste.
2) Preheat airfryer to 350 degrees. Cut the wonton squares into ½ inch strips and coat them with a light layer of nonstick spray. Place in fryer basket and cook until golden brown, 3 to 5 minutes.
3) Assemble the salad: add the chopped romaine, scallions, cilantro, mint, chicken and half of the cooked wontons to a bowl and toss to combine. Top with the remaining wontons and the dressing. Serve immediately.

Nutrition Facts

6 Servings Per Container
Serving Size 1.5 cups (308g)

Calories Per Serving 220

Amount Per Serving	% Daily Value *
Total Fat 14g	**18%**
Saturated Fat 2.5g	**12%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 720mg	**30%**

Amount Per Serving	% Daily Value *
Total Carbohydrates 16g	**6%**
Dietary Fiber 5g	**18%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 10g	

Vitamin D 0mcg 0% . Calcium 110mg 8% . Iron 3.9mg 20% . Potassium 730mg 15%

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