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Please refer to web site for full story and information about the recipe. <http://wp.me/pGgB6-6t>

## Chinese Chicken Salad

*(gluten-free, meat)*

[By Gluten-Free Nosh](#)

### Salad Ingredients:

10 ounces (about 1 head) romaine hearts, chopped or torn into bite-size pieces  
3 ribs bok choy, sliced crosswise  
2 cups diced cooked chicken  
1 red pepper, julienned  
1 yellow pepper, julienned  
1 cucumber, peeled, quartered lengthwise, seeded, and sliced crosswise  
1 cup shredded carrots  
1 (15-ounce) can mandarin oranges, drained  
1/3 cup slivered almonds, toasted  
6 sprigs cilantro leaves, chopped  
½ cup gluten-free chow mein noodles

*Note:* To make preparation easier, buy cooked rotisserie chicken, a seedless cucumber and packaged shredded carrots.

### Dressing Ingredients:

1/4 cup rice vinegar or apple cider vinegar  
2 tablespoons vegetable oil  
2 tablespoons wheat-free tamari sauce  
1 tablespoon fresh ginger, peeled and grated  
2 teaspoons sugar  
2 teaspoons sesame oil  
1/8 teaspoon black pepper

### Method:

1. Combine all dressing ingredients in a cruet, shaking to combine. (Or place all dressing ingredients in a bowl and whisk to combine.)
2. Place romaine and bok choy in large salad bowl. Add chicken, red pepper, yellow pepper, cucumber, carrots, mandarin oranges, almonds and cilantro, and toss to combine.
3. Pour about 1/3 cup of dressing on the salad, so that dressing clings to the leaves but does not puddle in the bottom of the salad bowl. Toss well.
4. Add gluten-free chow mein noodles to each individual serving plate immediately prior to serving.

**Yield:** 4 entrée-sized servings