Hot Chicken Salad

**Produce**

green or red leaf lettuce

 Napa or savoy cabbage

fresh cilantro leaves (if needed)

cucumber (if needed)

red bell pepper (if needed)

1 medium carrot

cherry tomatoes (if needed)

2 fresh mandarin oranges (use canned if no fresh available)

4 oz. slivered almonds

**Canned/Dried Foods**

one 8 oz. can Mandarin orange sections (if no fresh oranges available)

sesame oil (if needed)

low sodium soy sauce (if needed)   
  
rice wine vinegar (if needed)

**Frozen Foods**

chickenless tenders (if eating meatless)

**Meat/Fish/Poultry**

1 skinless chicken breast (if eating meat)

**Chilled Foods**

orange juice *(if needed)*