

Applebee's Oriental Chicken Salad

Brief summary of the recipe.

Ingredients

for the dressing

- 3 Tablespoons Honey
- 1 1/2 Tablespoons rice wine vinegar
- 1/4 cup mayo
- 1 teaspoon dijon mustard
- 1/8 teaspoon sesame oil

for the salad

- 3 cups chopped romaine
- 1 cup chopped red cabbage
- 1/2 carrot julienned
- 1 green onion
- 1 tablespoon sliced toasted almonds
- 1/3 cup chow mein noodles
- chicken strips

Directions

1. blend together all ingredients for dressing in small bowl with mixer. put dressing in refrigerator to chill. and put the chicken strips in oven to cook.
2. prep salad by tossing the chopped romaine with the chopped red cabbage, and carrots
3. sprinkle green onion on top of the lettuce
4. toast almonds in small skillet over medium heat for 3 to 4 minutes, or untill light brown.
5. sprinkle toasted almonds over the salad, then add the chow mein noodles
6. cut chicken strips in to small bit size chunks place the chicken onto the salad forming a pile in the middle.
7. serve with salad dressing on side

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