CHINESE CHICKEN SALAD AND DRESSING

Chopped Cabbage
Torn Leaf Lettuce
Chopped Green Onions
Shredded Cooked Chicken Breast
Sliced Water Chestnuts (optional)
Segmented Clementines
Sliced Green Grapes
Sliced Fresh Pineapple
Sliced Strawberries (optional)

Use desired amounts of the above.

**Top with:** Candied Nuts. I prefer Slivered Almonds. I buy them in bulk at Nutty Guys, located at 4710 West 1525 South, Salt Lake City, UT, Tel. 974-0633. You can go there and buy all sorts of dried fruits, candies, nuts. Many are sold at 75% marked value, so one pound of slivered almonds will cost $2.25.

To candy your nuts, keep a watchful eye on frypan filled with ½ lb. nuts to ¾ cup sugar. Stir with wooden spoon on medium heat. Keep tossing and stirring as sugar starts to melt and adhere to nuts. When sugar is about melted, place nuts on cookie pan to cool. Do not get distracted as nuts can burn easily and be ruined. Trust me, I have done this.

**Noodles** can be purchased in a large bag for $1.79 at the Chinese Market located at approximately 700 South and 700 East.

**Dressing:**
In blender, combine:

½ cup mayonaise (use reduced fat) if you prefer
5 Tabl. Rice Vinegar (best price at the Chinese Market)
2 Tabl. Sugar
2 Tabl. Sesame Oil
2 Tabl. Soy Sauce
¼ tsp. garlic powder