

Asian Chicken Salad Shaker

Pierce® Diced Chicken Strips (1230) with crunchy vegetables and a tasty Asian dressing make a refreshing and delicious grab n' go or summer lunch.



YIELD

1 salad (multiply as needed)

MENU FIT/DAYPART

Lunch/Summer

COMPONENTS

2oz eq M/MA

1/2 cup dark green vegetable

1/4 cup other vegetable

1/8 cup fruit

DIFFICULTY

Easier

ALLERGENS

n/a

INGREDIENTS AND PREPARATION

1 serving (2.72 oz) Pierce Diced Chicken Strips (1230)

1 ounce Asian dressing

2 tablespoons shredded carrots

2 tablespoons diced cucumber

1/8 cup Mandarin oranges, drained

1 cup Romaine salad mix

1 tablespoon unsalted sunflower seeds

1. Preheat oven to 350°F. Place frozen chicken patties in a single layer on an ungreased baking pan. Bake for 32-35 minutes in a conventional oven or 18-20 minutes in a convection oven or until internal temperature reaches 165 ° F. Cool to 41 ° F.
2. Place 1 ounce of dressing in the bottom of a 16 ounce cup. Layer salad ingredients on top of dressing in this order: chicken(one #8/4oz spoodle), shredded carrots, cucumber, Mandarin oranges, Romaine and sunflower seeds.
3. Place domed lid on container. Hold for cold service at 41° F.

Serving Suggestions: Serve with a whole wheat roll, apple slices and milk. This meal can also be served in a serving boat or tray.

Nutrition Facts			
Serving Size (212g) (1 salad)			
Amount Per Serving			
Calories 230		Calories from Fat 100	
% Daily Value*			
Total Fat 11g			17%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 70mg			23%
Sodium 520mg			22%
Total Carbohydrate 14g			5%
Dietary Fiber 3g			12%
Sugars 10g			
Protein 22g			
Vitamin A 140%		Vitamin C 20%	
Calcium 4%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4



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