

# Almond Chicken Salad

This is a great summer salad that can be prepared ahead of time so you can enjoy the day.

Recipe by William Hernandez | Created on **Mar 10, 2022**

## Ingredients

- 4 green onions, thinly sliced
- 1 large carrot, shredded
- 1 red bell pepper, cut into 1/2 inch pieces
- ½ pound sugar snap peas, halved
- 2 cups chopped, cooked chicken breast meat
- ½ cup fresh cilantro leaves
- ½ cup blanched slivered almonds, toasted
- 2 tablespoons white sugar
- 2 tablespoons distilled white vinegar
- 1 ½ tablespoons sesame oil
- 1 tablespoon teriyaki sauce
- 1 tablespoon ground dry mustard

## Directions

- In a large bowl, mix together the onions, carrot, red pepper, peas, chicken, cilantro and almonds. Set aside.
- In a small bowl, whisk together the sugar, vinegar, sesame oil, teriyaki sauce and dry mustard until smooth. Pour over salad mixture and toss until coated. Serve in pita pockets or on a bed of lettuce.

## Nutrition Facts

Serving: **4 servings** | Calories: **323.4 kcal** | Carbohydrates: **19.7 g** | Protein: **26.3 g** | Saturated fat: **1.8 g** | Cholesterol: **53.9 mg** | Sodium: **236.8 mg** | Fiber: **4.4 g** | Sugar: **9.9 g**

## Categories

Salad