



## Asian Chicken Slaw - Makes 4 servings

Serve this dish for your next Superbowl Party, Valentines Day or any time. It is easy to make and tastes great. Be creative; add your own Asian flair. Each serving contains approximately 38g of protein, 7g of net carbs, and 15g of fat. 325 calories. Enjoy on all Key Diets.



### Ingredients:

- 1 lb all white meat ground chicken, preferably antibiotic free
- 1/4 lb. spicy chicken sausage, preferably antibiotic free
- 2 T. soy sauce + 2 T. water
- 2 cloves minced garlic
- 1 tsp. dried ginger or Asian seasoning of your choice - you can also use fresh ginger slices and red pepper flakes
- 2 cups of diced vegetables (snow peas, snap peas, red peppers, bean sprouts, etc)
- 1/4 cup slivered almonds
- 4-6 cups shredded Cole slaw with red cabbage and carrots
- 2 green onion stalks, finely sliced
- Cilantro sprigs

### For the dressing: Choose one:

- 1/4 cup soy sauce, 2 T. sesame or peanut oil, fresh minced ginger, and pepper. (calculated in nutritional analysis)
- 4 T. Black Bean Garlic Sauce + 2 T. soy sauce

### Instructions:

1. In a hot skillet, add oil and garlic. Stir for 30 seconds; don't burn. Add the ground meat, soy sauce, and water; cook until meat is no longer pink inside. Don't over-cook or it will get dry. Transfer to a bowl.
2. In same pan, add the diced vegetables and stir-fry for 2-3 minutes; add a bit of water if needed. Add the chicken back to the pan and over low heat, add the shredded slaw, green onions, slivered almonds, seasoning, fresh ginger and red pepper flakes. Cook for another 2-3 minutes.
3. Divide into four servings. Top with cilantro sprigs and drizzle dressing over the top.

