

## Quick makeover for a classic salad

### Best-Ever Chinese Chicken Salad

All the great flavor of the original, now packed with garden-fresh ingredients.

**PREP AND COOK TIME:** 45 minutes

**MAKES:** 6 to 8 servings

**NOTES:** To save time, you can use store-bought crispy wontons or chow mein noodles instead of frying your own. You can also substitute one 11-ounce can of mandarin oranges for the fresh orange slices.

**1/2** pound asparagus, trimmed and cut diagonally into 1-inch pieces

**2** navel oranges (see notes)

About 1 1/2 cups vegetable oil

**4** fresh wonton wrappers, cut into 1/4-inch-wide strips (see notes)

**6** cups finely shredded cabbage

**2** cups cubed cooked chicken

Spicy soy-ginger dressing (recipe follows)

**1** large avocado, cubed

**4** green onions (including green tops), sliced diagonally

**2** tablespoons toasted sesame seeds

**1.** In a 2- to 3-quart pan over high heat, bring about 1 quart water to a boil. Add asparagus and cook until crisp-tender, 2 to 3 minutes. Drain, then plunge asparagus into ice water to stop the cooking. Drain and set aside.

**2.** Cut off and discard ends from oranges. Following the curve of the fruit, cut off peel and outer membrane. Slice oranges crosswise into 1/4-inch-thick rounds, then cut these rounds into quarters. Set aside.

**3.** Pour the vegetable oil into a 3- to 4-quart pan (the oil should be about 1/2 inch deep) and set over medium-high heat. When oil reaches 350°, add wonton strips and fry, stirring, until golden brown on both sides, about 30 seconds total. Lift out with a slotted spoon and transfer to paper towels to drain.

**4.** In a large serving bowl, toss the cabbage, chicken, and aspar-

agus with the dressing. Top with avocado, orange slices, and wonton strips, then garnish with green onions and sesame seeds.

**Per serving:** 308 Cal., 56% (171 Cal.) from fat; 15 g protein; 19 g fat (3.1 g sat.); 20 g carbo (4 g fiber); 317 mg sodium; 36 mg chol.

**Spicy soy-ginger dressing.** In a medium bowl, whisk together 2 tablespoons rice wine vinegar, 2 tablespoons brown sugar, 1 1/2 tablespoons soy sauce, 1 tablespoon Asian red chile sauce (such as Sriracha), and 1 1/2 teaspoons grated fresh ginger. Slowly drizzle in 1/4 cup vegetable oil or grapeseed oil, whisking constantly. Season with salt to taste. —ADEENA SUSSMAN

**Made in the West:** Chinese chicken salad, with its tasty blend of sweet, salt, spice, and crunch, first emerged in the Los Angeles area in the 1960s.

