Oriental Chicken Salad with Lentils

Garlic chili paste gives this salad a satisfying kick!

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Servings: 16

INGREDIENTS

- Dry USA lentils: 2 cups
- Water: 1 quart
- Minced scallions: 2 tbsp.
- Seeded and Julienned cucumber: 2 cups
- Rice vinegar: 2 tsp.
- Minced fresh ginger: 2 tbsp.
- Soy sauce: 3 tbsp.
- Sugar: 2 tsp.
- Garlic chili paste: 2 tbsp.
- Dark sesame oil: 2 tbsp.
- Cooked chicken breast, Julienned: 4 cups
- Salt and pepper to taste
- Romaine lettuce leaves

DIRECTIONS

1. In a medium sauce pan, combine lentils and water and bring to a boil. Reduce heat, cover and simmer until lentils are tender, about 20 minutes. Drain, cover and chill.

2. Combine scallions, cucumber, ginger, vinegar, soy sauce, sugar, garlic chili paste and sesame oil in a bowl. Mix well.

3. Add dressing mixture to lentils. Mix well. Season with salt and pepper.

4. Arrange lettuce leaves on serving plates. Arrange the chicken over lettuce then spoon lentils over chicken.

Nutrition Facts: Calories 152 | Total Fat 4 g | Saturated Fat 1 g | Cholesterol 0 mg | Sodium 290 mg | Carbohydrates 14 g | Dietary Fiber 5 g | Protein 15 g