



# Oriental Chicken Salad with Lentils

Garlic chili paste gives this salad a satisfying kick!



USA PULSES



@USAPulses



Facebook.com/USAPulses

For additional pulse recipes, visit  
[www.cookingwithpulses.com](http://www.cookingwithpulses.com)



# Oriental Chicken Salad with Lentils

*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

Contact:

Jessie Hunter  
USA Dry Pea & Lentil Council  
PHONE: (208) 882-3023  
EMAIL: [info@usapulses.org](mailto:info@usapulses.org)



USA PULSES