

# Kids in the Kitchen

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# RECIPE



## ASIAN CHICKEN SNOW PEA SALAD

*Recipe from Carla Burke, RD*

### TOOLS NEEDED

medium bowl, chefs knife (can be cut with a good butter knife or kids knife as well), cutting board, fork or whisk, large bowl

### INGREDIENTS

- ¼ cup soy sauce
- 1 Tbs brown sugar
- 1 lime
- 2 Tbs sesame oil
- 2 Tbs rice vinegar
- 2 tsp fresh ginger paste
- 1 – 8 oz bag snow peas
- 1 English cucumber
- 8 oz rotisserie chicken

### DIRECTIONS

1. Pull chicken apart so that it is in shreds. You can use your fingers to pull them apart. Put chicken in a medium bowl and set aside.
2. Slice snow peas into thin strips very carefully with parent help if needed.
3. Slice cucumber into bite sized half moons.
4. In a small bowl, juice lime. Combine with soy sauce, brown sugar, sesame oil, rice vinegar, and ginger paste with a whisk or fork.
5. In a large bowl, toss together snow peas, chicken shreds, and cucumbers with dressing. Enjoy!

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Adjust this recipe to meet your goals may making these modifications to the ingredients:

### WEIGHT GAIN

Add 2 Tbs olive oil and serve with a large serving of rice.

### WEIGHT LOSS

Use the chicken breast for shredding and use 1 Tbs sesame oil.

### SPORTS PERFORMANCE

Serve with a large serving of rice.

