



APRIL | CAPTAIN JOE NOCETI

**KEEP
CALM
AND
COOK
ON**

CHINESE BBQ CHICKEN SALAD

SERVES 4-5

SALAD INGREDIENTS

3 prepared boneless, skinless, chicken breasts
(cut into bite-sized pieces)
12 oz. canned Mandarin oranges
 $\frac{3}{4}$ cup sliced almonds
 $\frac{3}{4}$ cup favorite BBQ sauce
 $1\frac{1}{2}$ heads of green cabbage
1 bunch of green onions, diced
4 packages of Top Ramen (any flavor)

DRESSING INGREDIENTS

$\frac{1}{2}$ cup vegetable oil
6 tablespoons rice wine vinegar
 $\frac{1}{3}$ cup granulated sugar
A few drops of pure sesame oil
Salt and pepper to taste

DRESSING DIRECTIONS

Prepare ahead for best flavor. Mix all ingredients thoroughly, flavor to taste and then chill until ready to pour onto salad.

SALAD DIRECTIONS

Place chicken in a Crock Pot with BBQ sauce and cook until tender. Approximately 4-6 hours on HIGH or 7-8 hours on LOW. Clean cabbage and place in a large mixing bowl. Discard the flavor packet from the ramen packages. Crush/smash the Top Ramen noodles and sprinkle onto the cabbage. Add the diced green onions. Pour in the sliced almonds. Add the cooked chicken (cut into small bite size pieces). Pour the chilled salad dressing over the chicken-cabbage mixture and mix thoroughly. Enjoy!



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