



Vietnamese Chicken and Mint Salad

Ingredients

1 thai chili, seeded and minced	½ medium onion, finely sliced
1 large garlic clove, peeled, minced	Freshly cracked black pepper
1 tbsp sugar	7-8 oz white cabbage, shredded
1 ½ teaspoon rice vinegar	1 medium carrot, shredded
1 ½ tablespoons lime juice	7oz cooked chicken breast, shredded
1 ½ tablespoons fish sauce	1 bunch mint leaves, roughly chopped
1 ½ tablespoons canola oil	

Instructions

In a medium bowl, combine the chili, garlic, sugar, vinegar, lime juice, fish sauce, oil, onion and black pepper. Set aside for 30 minutes. In a large bowl, combine cabbage, carrot, chicken breast and mint, tossing with tongs. Pour dressing over the cabbage mixture, tossing with tongs slowly until everything is coated.

Serves 4



Building a Healthy Boston
Mayor Martin J. Walsh

Eating too much salt can lead to high blood pressure, heart disease and stroke. Take control of your health. Read the label and look for the lowest sodium choice. You can find simple ways to reduce sodium at www.bphc.org/SwapTheSalt

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