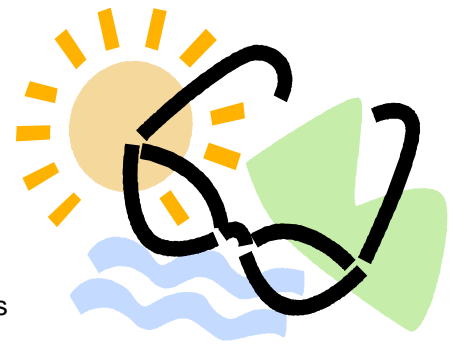


ASIAN CHICKEN SALAD



- 2 cups cooked chicken, skin removed, cut into bite-sized pieces
- 4 cups cabbage, shredded
- 1 cup mushrooms, sliced
- 1 cup carrots, grated
- 2 tablespoons cilantro, chopped
- 1 cucumber, thinly sliced
- 3 green onions, thinly sliced
- 1 mandarin orange or tangerine, divided into sections
- 1/2 cup nonfat Asian or Oriental-style salad dressing
- black pepper

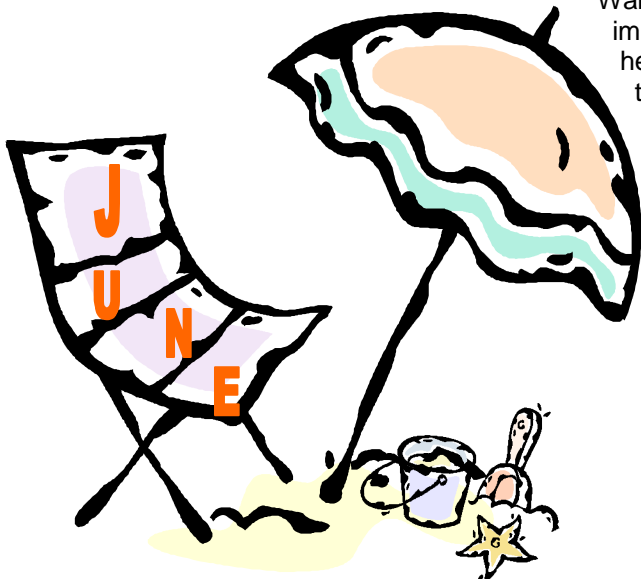
Fat 0.9g
Carbohydrates 19.8g
Calories 126.6
Protein 10.9g



1. In a large bowl, combine chicken, cabbage, mushrooms, carrots, cilantro, cucumber, and dressing. Toss well.
2. Top with green onions and tangerine sections. Pepper to taste.

Serves 4.

PUT YOUR BEST FOOT BACKWARDS:



Walking backwards burns more calories, improves coordination and gives your heart and lungs a better workout than hoofing it forward – as long as you maintain your speed.

The reason? It forces your leg muscles to work harder and in different ways. Just do it in a safe place (like the local high school or college track or the top of the county parking garage) where you won't bump into something and take a spill.

