



What's On My Plate?

Alisha's Asian "Summer Roll" Salad

Ingredients:

6 oz. Vietnamese Rice Noodles (mine were called Rice Sticks) cooked according to the package, drained, rinsed and chilled

1 lb. frozen cooked medium shrimp, defrosted and halved

**Note:* Alisha's tip was to throw the shrimp in with the noodles about 1 minute before the noodles are finished and it worked well).

1 chicken breast boiled, diced and chilled*

**Note:* Alisha did not use chicken and the original recipe did not call for chicken either. What can I say? I felt like a little chicken! ;)

1/4 cup or 12 Thai Basil leaves (or regular basil) rinsed, dried and chiffonade

1/2 cup shredded carrot

1/2 cup or 12 mint leaves, rinsed, dried and chiffonade

A few cups of torn or chopped Red Lettuce

Chopped Scallions

Sesame seeds for garnish

Directions:

Combine all ingredients in a bowl and toss with dressing* to taste.

**Dressing:* Alisha used 1part Costco Sesame Salad Dressing and 1 part Ken's brand Asian Ginger Salad Dressing and it tasted great. I didn't have either but I did find an Asian Sesame Vinaigrette at Fresh and Easy that I doctored with fresh ginger, a splash of soy sauce and 1 tsp. of Sriracha.