

# Lila's Chinese Chicken Salad Dressing

2 tablespoons sugar

1 teaspoon salt

1 teaspoon *Accent* (*be warned - this is MSG*)

1/2 teaspoon crushed pepper

1/4 cup salad oil

1 tablespoon sesame oil

3 tablespoons vinegar

Mix together, beat ingredients to dissolve sugar and also to blend flavors.

Cook chicken breasts in garlic water. Slice or cut up and place on top of a bed of salad greens, etc.