

Crunchy Cabbage Salad with Chicken

2 SERVINGS 20 MINUTES



INGREDIENTS

6 ozs Chicken Breast (skinless and boneless)
1 tsp Onion Powder
1 tsp Sesame Seeds
1/4 tsp Sea Salt (divided)
1/2 tsp Avocado Oil
1 tbsp Extra Virgin Olive Oil
1 tsp Rice Vinegar
1 tsp Sesame Oil
3/4 tsp Coconut Sugar
1 1/2 cups Purple Cabbage (chopped)
1 1/2 cups Kale Leaves (de-stemmed and shredded)
1 1/2 Carrot (thinly sliced)
2 2/3 tbsps Cashews (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	366	Potassium	725mg
Fat	19g	Vitamin A	13290...
Carbs	20g	Vitamin C	48mg
Fiber	5g	Calcium	134mg
Sugar	7g	Iron	3mg
Protein	31g	Vitamin B12	0.2µg
Cholesterol	88mg	Magnesium	81mg
Sodium	432mg	Zinc	2mg

DIRECTIONS

- 01 Coat the chicken with the onion powder, sesame seeds and sea salt. Heat a skillet over medium heat. Add the avocado oil and chicken. Cook for 6 to 7 minutes and then flip. Continue to cook until the chicken is cooked through. Remove and let cool, and then slice and set aside.
- 02 Whisk the extra virgin olive oil, rice vinegar, sesame oil and coconut sugar in a small bowl.
- 03 Add the cabbage, kale and carrots to a large bowl. Add the dressing and massage it in. Top the salad with chicken and cashews and lightly toss. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

NUT-FREE

Omit the cashews or use pumpkin seeds instead.

MAKE IT VEGAN

Top with tofu or chickpeas instead of chicken.

NO AVOCADO OIL

Use extra virgin olive oil instead.

NO COCONUT SUGAR

Use brown sugar or maple syrup instead.