



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- 4 skinless, boneless chicken breasts
- 6-8C chopped greens (lettuce, spinach, kale, etc)
- 1 chopped red pepper
- 1/2C shelled edamame
- 1C mandarin oranges
- 1 medium chopped cucumber
- 1C wonton strips (optional)
- 1/3-1/2C chopper or pieced cashews

Citrus Chicken Salad

Preparation

1. Season chicken and cook over medium high heat/grill until cooked (or use rotisserie chicken). Remove from heat and let rest for 5 min before slicing.
2. Toss together greens through cucumber. Top with sliced chicken, wonton strips, cashews, and drizzle with dressing (see recipe below).

Tips

Dressing:

1/2C olive oil

1/4C rice vinegar

1t salt

1T sugar

1t garlic powder

1t sesame oil

1/2t ground ginger

Whisk all ingredients together. Refrigerate leftovers.