

Thai Ginger Chicken Salad



Servings: 6

Ingredients:

Salad:

8 oz boneless, skinless chicken thighs
1 cup red peppers, thinly sliced
1 cup shredded carrots
1 cup shredded purple cabbage
1 cup green onions, diced
1 cup cilantro, chopped finely

Chicken Marinade

2 Tbps olive oil
Zest of 1 lime
Juice of 1 lime
1 Tbsp fresh grated ginger

Chicken Salad Dressing:

1 cup 2% Greek Yogurt (plain)
1/2 cup all natural peanut butter
1 Tbsp fresh grated ginger
zest of 1 lime
juice of 2 limes
2 Tbsp low sodium soy sauce
salt/pepper to taste



Steps:

- (1) Combine the ingredients for the marinade in a large bowl/bag. Let chicken thighs marinate for 60+ minutes in the refrigerator.
- (2) Pre-heat the oven for 350 degrees. Place chicken thighs on a baking sheet and bake for 30 minutes until cooked through.
- (3) While chicken is baking, shredded and slice salad ingredients and combine in a large bowl.
- (4) Combine ingredients for chicken salad dressing in another bowl and set aside.
- (5) Once chicken is cooked, set aside to cool. Shredded chicken. Either with 2 forks or in the food processor.
- (6) Combine, salad, chicken and salad dressing, mix well. Enjoy right away or place in air tight container in your refrigerator to eat all week.