



LITE AND SIMPLE CHICKEN SALAD

This lite salad reminds me a little of a Chicken Caesar Salad - but a little easier to pull off, and a little healthier.

For the salad:

Butter or Bibb Lettuce

Jicama, peeled and cut into matchsticks

Pomegranate seeds

*Shaved Parmesan - this is really the least healthy ingredient so use sparingly.

Sliced onion - optional

Grilled or Pan-seared Chicken Breast - Organic/Free-Range

For the dressing:

2 1/2 TBS Organic

Coconut Milk

2 TBS Olive Oil

1 tsp honey

1 scallion, finely chopped

2 TBS Braggs Apple Cider Vinegar

Salt and Pepper to taste

Whisk the above ingredients to combine.