

Brussels Sprouts Slaw with Chicken

2 SERVINGS 20 MINUTES



INGREDIENTS

8 ozs Chicken Breast (cut into cubes)
1/4 tsp Oregano (dried)
1/8 tsp Garlic Powder
1/4 tsp Sea Salt (divided)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
3 cups Brussels Sprouts (shredded)
2 cups Purple Cabbage (sliced thin)
1 1/2 tbsps Lemon Juice
1 tsp Coconut Aminos

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 315 | Cholesterol | 82mg |
| Fat | 14g | Sodium | 448mg |
| Carbs | 20g | Vitamin A | 2025IU |
| Fiber | 7g | Vitamin C | 167mg |
| Sugar | 7g | Calcium | 104mg |
| Protein | 31g | Iron | 3mg |

DIRECTIONS

- 01 Add the cubed chicken to a small bowl with the oregano, garlic powder and half the salt. Toss to combine.
- 02 Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
- 03 Add the brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil and remaining salt. Mix well with your hands to combine.
- 04 Divide the slaw evenly between plates. Top with chicken and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add additional spices and/or herbs to the dressing or chicken.

ADDITIONAL TOPPINGS

Sliced onion, avocado, slivered almonds, sesame or sunflower seeds.

MAKE IT VEGAN

Omit the chicken and use grilled tofu.

NO COCONUT AMINOS

Use tamari instead.

