

Chicken Salad with No Fat Slaw
(serves 4)

3 7oz. chicken breast
3 T olive oil
1 rib celery diced small
1/8 c. onion diced small
1/8 c. bell pepper diced small
4 C nappa cabbage (thinly sliced)
1 T lemon juice
1 T lime juice
2 T orange juice + orange segments
1 T balsamic vinegar
S and P to taste

1. Rub chicken breast with 1 T olive oil, season with salt and pepper and bake for approximately 25 minutes at 325 degrees or until fully cooked.
2. Let chicken cool and then shred into small pieces.
3. Add cabbage to a mixing bowl and season with salt and pepper.
4. Add fruit juices, orange segments, balsamic vinegar and remaining olive oil to cabbage mixture, season with salt and pepper and set aside for 10 minutes. TASTE.
5. Mix chicken with raw celery, onion, pepper and season with salt and pepper. TASTE.
6. Place fresh cabbage on plate and top with pulled chicken mixture.