

Chinese Chicken Salad

Ingredients

- 100 grams chicken breast
- 2 cups cabbage, chopped
- 1 tablespoon Bragg's liquid aminos
- 1 tablespoon apple cider vinegar
- 1 tablespoon green onion, minced
- 1 clove of garlic, crushed and minced
- 1 teaspoon fresh ginger, grated (substitute a dash of powdered ginger)
- Pinch of red pepper flakes
- Stevia to taste
- Sea salt and pepper to taste

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| Makes 1 serving (1 protein, 1 vegetable) |
| 27 grams protein |
| 2 grams fat |
| 190 calories |

PHASE 3 MODIFICATIONS:

Drizzle with sesame oil.
Add additional vegetables such as bell pepper and mushrooms.
Sprinkle with toasted almonds or sesame seeds.

Directions

1. Brown the chicken with lemon juice, 1 tablespoon Bragg's, garlic, and onion.
2. Slice cabbage into fine strips.
3. Steam lightly until cooked.
4. Drain off excess liquid.
5. Add chicken, ginger, salt and pepper, and chill.
6. Sprinkle with additional Bragg's.

