



April Newsletter

Sweet & Savory Apple Chicken Salad

Macros:
Makes 1 serving
Macros per serving:
337 cal 30 P 33 C 10 F 7 Fiber



INGREDIENTS

- 4 oz chicken breast, cooked and shredded/cubed
- ½ cup diced apples
- ½ serving chopped pecans
- ½ box vanilla yogurt covered raisins
- 1 tsp italian seasoning mix
- ½ bag coleslaw mix (without dressing)

DIRECTIONS

1. Heat a medium sized pan over medium heat and spray lightly with non stick.
2. Add the coleslaw to the pan with a bit of avocado spray (or olive oil if you need extra fats) and season to taste with salt, pepper and the tsp of italian seasoning mix.
3. Cook for 3-4 minutes or until the coleslaw starts to wilt and add the chicken and apple to the pan. Cook for about 1-2 more minutes so the chicken is heated through and the apples start to break down.
4. Remove to a bowl and top with the raisins and pecans!