

Ginger Chicken Slaw

Nutritional Highlights

- Cabbage is a great way to add bulk to a salad or other dish without adding a lot of calories.
- Carrots contain vitamin A, an antioxidant that supports great vision.

Servings: 4

Ingredients

- 1 Tbsp grated fresh ginger
- 1 Tbsp minced garlic
- 1/4 cup extra virgin olive oil, divided
- 1/4 cup fresh lime juice
- 1 tsp grated lime zest
- 1 tsp honey
- Kosher salt & freshly ground black pepper
- 1 lb boneless skinless chicken breast tenders
- 4 cups shredded Savoy cabbage
- 2 cups julienned carrots
- 4 scallions, thinly sliced
- 1/2 cup slivered almonds
- Cilantro leaves, for garnish

Directions

- Preheat oven to 425F. Spray a baking sheet with olive oil cooking spray.
- Heat 1 Tbsp olive oil in a small skillet over medium heat. Add ginger and garlic and cook 1 minute, stirring constantly.
- Reserve 1 Tbsp of the ginger-garlic mixture for coating the chicken and transfer remainder to a separate bowl.
- Brush chicken with reserved ginger-garlic mixture, season with salt, and set on prepared baking sheet. Bake for about 25 minutes, until done and a thermometer reads 165F,
- While chicken is cooking, whisk together the remaining ginger-garlic mixture, remaining olive oil, lime juice, zest and honey. Season with salt & pepper to taste.
- When chicken is fully cooked, let cool slightly, then shred with 2 forks into bite-size pieces.
- Toss chicken, cabbage, and carrots with ginger lime dressing. Garnish with almonds and cilantro to serve.

*Optional add-ins: diced cucumbers, thinly sliced red or yellow bell pepper