

DINNER / HIGH PROTEIN



Crunchy Chicken Cabbage Salad Bowl

Rotisserie chicken, crisp cabbage, peppers, carrots, cilantro, and a quick lime-honey dressing come together in 10 minutes.

10 min

1 serving

Dinner

high-protein

quick

low-carb

414

Calories / serving

27g

Protein / serving

27g

Carbs / serving

22g

Fat / serving



Ingredients

- 3 oz, boneless, cooked rotisserie chicken, diced (85.05 g)
- 1/4 medium (approx 2-3/4" long, 2-1/2" dia) red bell pepper, sliced (28.5 g)
- 1/4 medium orange bell pepper, sliced (28.5 g)
- 1/4 small red onion, sliced (37 g)
- 2 tbsp cilantro (2 g)
- 1/4 cup shredded carrots (28.25 g)
- 1/2 tbsp sundried tomato, chopped (7.5 g)
- 4 cups shredded green & red cabbage with carrots (226.8 g)
- 1/4 tsp kosher salt (0.3 g)
- 1/4 tsp black pepper (0.57 g)
- 1 tsp, minced garlic (5 g)
- 1/4 tbsp honey (5.25 g)
- 1 tbsp fresh lime juice (15 g)
- 1/2 tablespoon extra virgin olive oil (6.75 g)

Method

- 1 In a large bowl, combine the diced rotisserie chicken, sliced red bell pepper & orange bell pepper, sliced red onions, chopped cilantro, shredded carrots, chopped sundried tomatoes, shredded green and red cabbage with carrots, kosher salt, black pepper, minced garlic, honey, fresh lime juice, and extra virgin olive oil. Gently toss until all ingredients are evenly coated and well combined.

RENEE'S NOTE

"Toss the cabbage with the lime juice and olive oil first, then fold in the chicken so everything stays crisp instead of getting weighed down."

RENEE'S TWEAK

Use tongs to lift the cabbage from the bottom of the bowl so the honey-lime dressing reaches the fine shreds without crushing the peppers.