

Cabbage and Chicken Salad

Brown 4 large Organic Chicken Breasts in pan sprayed with olive oil, turning once
Add 1/4 cup Tamari
Add 1/4 cup Organic Chicken Broth
Cover and let poach till done (15-20 minutes) put on cutting board to cool

While cooling, thinly slice the following:
One large head of Napa Cabbage
1/2 head Purple Cabbage into large bowl
Slice thinly or cube chicken into salad bowl
Add one package Kelp Noodles and toss to mix

In food processor pulse:
1/2 bunch Cilantro
1/2 bunch Parsley
1 cup Organic Peanut Butter or Almond Butter
2-3 Tbsp. Lemon Juice
2 Tbsp. Agave Nectar
1 cup Organic Extra Virgin Olive Oil
Pinch Sea Salt

Mix well with hands and serve with your choice of garnish; Pine nuts Sliced almonds, Black sesame seeds, Orange or Tangerine sections, Avocado slices, etc.

Recipe by: Healthy Lifestyle - Chaos Control
Patricia Adams, CH, NHC, BS, NE
Healthylifestyleonline.us