



ROTISSERIE CHICKEN HARVEST BOWL

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Rotisserie Chicken Breast, shredded	5 Oz.	Nonfat Plain Greek Yogurt	2 Tbsps.
Broccoli Slaw	1½ Cups	Apple Cider Vinegar	1 Tbsp.
Shredded Carrots	¼ Cup	Dijon Mustard	1 Tsp.
Cucumber, chopped	½ Cup	Olive Oil	½ Tsp.
Small Apple, Thinly Sliced	¼	Honey or Sweetener (Optional)	½ Tsp.
Sliced Almonds or Pumpkin Seeds	1 Tbsp.	Salt and Pepper, to taste	
Green Onion, sliced	1 Tbsp.		

SERVING SIZE 1

PREPARATION

- In a small bowl, whisk together Greek yogurt, apple cider vinegar, Dijon mustard, olive oil, honey, salt, and pepper until smooth.
- Add broccoli slaw, carrots, cucumber, and green onion to a bowl.
- Toss vegetables with the dressing until evenly coated.
- Top with shredded rotisserie chicken.
- Add sliced apple and almonds or pumpkin seeds.