

LEMON-DIJON CABBAGE SALAD WITH CHICKEN

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Boneless, Skinless Chicken Breast	1 Lb.	Salt and Black Pepper, to taste	
Shredded Green Cabbage	4 Cups	Fresh Lemon Juice	3 Tbsps.
Shredded Purple Cabbage	2 Cups	Lemon Zest	1 Tsp.
Shredded Carrots	1 Cup	Olive Oil	1½ Tbsp.
Thinly Sliced Radishes	½ Cup	Dijon Mustard	1 Tbsp.
Chopped Fresh Parsley	¼ Cup	Honey	1 Tsp.
Green Onions, thinly sliced	2	Water	1 Tbsp.
Olive Oil	1 Tsp.	Garlic Powder	¼ Tsp.
Garlic Powder	½ Tsp.	Salt and Black Pepper, to taste	
Paprika	½ Tsp.		
SERVING SIZE	**¼ OF RECIPE**		

PREPARATION

- Season the chicken with garlic powder, paprika, salt, and pepper.
- Heat 1 tsp olive oil in a skillet over medium heat. Cook the chicken for approximately 5-7 minutes per side, depending on thickness, until the internal temperature reaches 165°F.
- Let the chicken rest for 5 minutes, then slice or chop into bite-size pieces.
- Combine the green cabbage, purple cabbage, carrots, radishes, parsley, and green onions in a large bowl.
- Whisk together the lemon juice, lemon zest, olive oil, Dijon mustard, honey, water, garlic powder, salt, and pepper.
- Pour the dressing over the vegetables and toss well.
- Add the chicken and toss again before serving.

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