

Grapple Chicken Salad

Prep Time: 15 Min **Cook Time:** 10 Min **Total Time:** 25 Min
Serves 1

Ingredients

4 oz chicken breast (skinless/boneless)
14 red or green grapes (seedless)
1 small apple (chopped)
2 cups cabbage (shredded)
Handful of sunflower seeds
1/2 oz cheddar cheese (shredded)
homemade poppy seed dressing (or your choice)

Instructions

- 1 Grill chicken breast until fully cooked.
- 2 In a bowl, mix together the cabbage, cheese, apple, and grapes.
- 3 Chop chicken and place into bowl.
- 4 Sprinkle with sunflower seeds.
- 5 Drizzle with your choice of dressing (one with no sugar) and mix.

Notes

See Phase 3 recipes for Poppy Seed Dressing

team victory / spray it away <http://sprayitaway.ca/>