

Trim Healthy
W I S D O M

Nutty Chicken Asian Salad (S)

This is a simple but yummy salad that will tantalize your taste buds while trimming you down. You can make this with fresh or thawed chicken in the way described, or you can use pre-cooked chicken and just heat it before serving. Or try substituting salmon sometimes. *Pearl's Best Ever Salmon* recipe works wonderfully in this salad, too.

Single Serve Full-Meal Salad

INGREDIENTS:

- A few generous handfuls coleslaw mix or a very large bed of leafy greens
- 1½ Tbs rice wine vinegar
- 1 generous squirt Bragg Liquid Aminos or 2-3 tsp soy sauce
- ½ Tbs [TH Nutritional Yeast](#)
- ½ Tbs [TH Gentle Sweet](#)
- 4-6 oz fresh or thawed chicken breast (snipped into small pieces with scissors)
- Seasonings For Chicken: Sprinkles of [TH Mineral Salt](#), black pepper, onion and/or garlic powder, chili powder, [TH Nutritional Yeast](#), and optional cayenne pepper.
- 1 tsp coconut oil or butter for cooking the chicken
- 1 generous Tbs sugar-free peanut butter
- 2 Tbs dry roasted peanuts



INSTRUCTIONS:

1. Place the coleslaw or greens in your favorite large salad bowl. Add the vinegar, Bragg Liquid Aminos, nutritional yeast, and Gentle Sweet and toss them well until coated.

2. Place a medium frypan on medium/high heat. Add the oil or butter, and once hot and ready, add the chicken pieces. While the undersides of the chicken pieces are browning, season the top sides by sprinkling on your favorite seasonings to taste. Once the bottom sides are nicely browned, flip the chicken pieces and season the other side. Cook another two minutes or so, then flip pieces again, turn down the heat to medium/low, and continue until the pieces are fully cooked through. Remove from heat.
3. Place the chicken pieces on salad greens, drizzle the nut butter over the salad, and sprinkle on peanuts.

Protein Nerd Notes:

The 4 – 6 ounces of chicken breast or salmon fully provide all your Protein Nerd Level 3 requirements, although feel free to pair it with a *Side Protein & Fiber Chocolate Milk* to fill up further.

Other Notes:

If you do not like or cannot tolerate peanuts, you can use almond butter and sliced almonds instead of peanut butter and dry-roasted peanuts.