

Grilled chicken kale salad with mango dressing

2 SERVINGS 20 MINUTES



INGREDIENTS

6 ozs Chicken Breast, Cooked
2 cups Kale Leaves (washed leaves and discard stem)
2 cups Mixed Greens
1 cup Cherry Tomatoes (halved)
1/2 cup Cucumber (washed, sliced)
1 Mango (peeled, cut into cubes)
1 Lime
1 tbsp Extra Virgin Olive Oil
1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	356	Fiber	6g
Fat	10g	Sugar	26g
Saturated	2g	Protein	31g
Polyunsat...	2g	Cholesterol	88mg
Monounsa...	6g	Sodium	1303mg
Carbs	38g	Potassium	998mg

DIRECTIONS

- 01 Peel and cut mango into cubes for the food processor and for the salad.
- 02 Add 1cup of mango cubes, lime juice and olive oil in a food processor or blender and blend until smooth.
- 03 It makes 1 cup dressing. Season dressing with salt to taste. Mix kale with salad dressing.
- 04 Serve kale salad, mixed greens with tomatoes, cucumbers and grilled chicken. Add mango cubes and drizzle the mango dressing.
- 05 Store leftover dressing in an airtight container in the fridge. Use on top of salads, chicken, or as a dip with your favorite vegetable. Enjoy!

NOTES

LEFTOVER CHICKEN

Use leftover grilled chicken for this salad and serve it cold.