Superfood Chopped Crucifer and Chicken Salad

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 2

Nutrition Information Per Serving

282.7 calories, 9.36 g carbohydrate, 2.53 g fiber, 6.83 g NET carbs, 24.03 g protein, 16.92 g fat

Ingredients

- 1 medium organic carrot, grated
- 1 cup chopped organic kale, finely chopped
- 1 Tbsp lemon juice
- 1 cup cooked and chopped pastured chicken breast
- 2 Tbsp(s) olive oil
- 1/2 cup(s) shredded red cabbage
- 1/2 cup(s), chopped broccoli
- 1/4 tsp(s) sea salt
- 1 medium scallion, white and light green parts, chopped

Preparation

1. Whisk the oil, sea salt and lemon juice in a large bowl.
2. Add remaining ingredients and toss well to coat before serving.

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