



Cabbage Slaw with Grilled Chicken & Caramelized Onions

Active Time: 20 minutes | **Total Time:** 45 minutes | **Serves:** 4

Nutrition Information Per Serving

261.4 calories, 10.69 g carbohydrate, 2.51 g fiber, 8.18 g NET carbs, 27.44 g protein, 12.08 g fat

Ingredients

- 16 ounce(s) free-range, organic chicken breasts
- 2 cup(s) shredded green cabbage
- 2 medium(s) carrots, sliced into thin rounds
- 1/4 cup(s) sliced mango
- 1/4 cup(s) green onions, diced
- 1 small white onion, sliced
- 3 clove(s) garlic, minced
- 2 Tbsp(s) lemon juice
- 1 Tbsp coconut oil
- 2 Tbsp(s) avocado oil
- 1/3 Tbsp(s) apple cider vinegar
- 1 tsp honey
- 1/2 tsp(s) sea salt

Preparation

1. Marinate the chicken. Place chicken in a shallow dish and cover with half the avocado oil, half the salt, half the lemon and garlic. Refrigerate for 20 minutes.
2. Meanwhile, prepare the slaw. In a large bowl, whisk apple cider vinegar, remaining avocado oil, honey and remaining lemon juice. Add cabbage and sprinkle with remaining salt. Toss to coat, lightly massaging as you toss. Add carrots and scallions and toss to combine. Set aside.
3. Caramelize the onions. Add coconut oil to a large pan on medium heat. Add sliced onions, and sauté until translucent or about 5 minutes. Turn heat to medium-low and cover. Stir occasionally and cook for about 15 minutes, to a golden brown. Set aside.
4. Once chicken is ready, preheat a grill or grill pan to medium high heat. Cook chicken for 10 minutes on each side, or until internal temperature reaches 165 F. Remove from grill, cool slightly and slice.
5. Divide slaw among serving dishes, top with onions and sliced chicken. Serve.

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