



Chicken, Cabbage & Carrot Slaw (AIP)

Active Time: 35 minutes | Total Time: 45 minutes | Serves: 4

Nutrition Information Per Serving

256 calories, 13.08 g carbohydrate, 5.35 g fiber, 7.73 g NET carbs, 28.58 g protein, 10.36 g fat

Ingredients

- 6 tsp(s) Coconut Secret Coconut Aminos
- 16 ounce(s) organic, free-range chicken breast
- 1 large carrot, peeled and shredded
- 1/2 head(s), medium green cabbage, shredded
- 1/4 tsp(s) ground ginger
- 1/4 cup(s) green onion, chopped
- 1 Tbsp apple cider vinegar
- 1 tsp lime juice
- 1 whole lime, sliced
- 1 tsp salt
- 1 Tbsp avocado oil
- 1/2 medium(s) avocado
- 2 Tbsp(s) coconut milk

Preparation

1. Marinate chicken. In a shallow dish, mix half the coconut aminos with avocado oil. Season chicken with half of the salt and toss in marinade. Place in refrigerator for 30 minutes. Preheat a grill or grill pan to medium heat.
2. While chicken marinates, prepare slaw and dressing.
3. In a medium bowl, toss carrots, cabbage and onions. Sprinkle with remaining salt and massage all ingredients well. Set aside.
4. In a Magic Bullet or small blender, add the remaining coconut aminos, avocado, apple cider vinegar, coconut milk, ground ginger and lime juice. Blend until smooth. Drizzle over slaw and toss well. Set aside to marinate.
5. Place chicken on a hot grill or grill pan and cook for 7 minutes on each side, or until internal temperature reaches 165 F. Carefully remove and place on a cutting board. Using tongs and a sharp knife, slice chicken into strips.
6. Toss chicken with slaw and serve with lime wedges.

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