

CHIPOTLE ENSALADA

By Avie Rosacci

1 serving

2 cups chopped kale; small pieces for more tender final product

1 cup shredded Napa cabbage (or cabbage of choice)

3 oz. grilled chicken breast; cut into strips or cubes

½ large ripe avocado; cut into cubes

1 Tbsp. raw pepita seeds

1 stalk celery; chopped

Chop kale and Napa cabbage into small bites so it is tender to chew. Place in colander and rinse thoroughly, draining well.

Top with the remaining ingredients and top with Chipotle Ranch Dressing** OR Chipotle Honey Dressing** You can add blueberries to this salad if you have a little room in your carbohydrate count for the day!

** Both dressings found on Resource page of BetterMe5280.com.

Neither dressing is included in nutrition facts below.

Nutrition facts per serving (salad only, dressing not included)

Calories: 347 - Protein: 32.6 grams - Carbohydrate: 16.1 grams - Fat: 18.4 grams