

ASIAN CHICKEN NOODLE SALAD

Ingredients (makes 2 servings)

- 2 cups arugula
- 1 cup shredded purple cabbage
- 1/2 cup shredded carrots
- 1 shredded cucumber
- 1 red bell pepper
- 1 shredded chicken breast
- 1 cup rice noodles
- 1/4 cup cilantro
- 1/4 cup green onions
- 4 tbs roasted peanuts
- dressing: 2 tbs peanut butter, juice of one lime , 1 tbs coconut aminos, 1 tsp red pepper flakes, salt & pepper, 1 tbs honey, water to thin



Instructions:

1. Cook chicken breast how you please, I love to cook it in the crockpot so it is able to shred (just 4 hours on high, with water/chicken broth)
2. Divide all ingredients in half to assemble your salads
3. Mix up dressing.
4. Top salads with chicken, peanut dressing and roasted peanuts!
5. Enjoy! :)

