



Chinese Chop Salad with Ginger Dressing

Serves 2

Ingredients:

- 1 C shredded Savoy cabbage (leaves are deep green and deeply crinkled – can substitute for green, Napa or additional red cabbage)
- ½ C shredded red cabbage
- 1-2 large carrot(s), chopped or grated
- ½ cucumber, chopped
- 2-3 green onions, trimmed and chopped
- Sunflower seeds, pumpkin seeds or/ and chopped cashews(optional)
- 2 organic chicken breasts, poached, cooled, then shredded (optional – see directions below)

Dressing Ingredients:

- 3 TB rice wine vinegar (labeled rice vinegar or rice wine vinegar)
- 3 TB wheat-free organic tamari sauce (premium soy sauce without gluten)
- 2 TB extra-virgin olive oil
- 1 TB toasted sesame oil
- 1 TB freshly grated ginger
- 1 garlic clove, peeled and finely grated

Directions:

1. Combine dressing ingredients in a glass jar with a tight-fitting lid, close, and shake well to combine.
2. Place salad ingredients in a large bowl and pour half the dressing over the top, then toss to combine. Taste; add more dressing if needed, then serve.

To poach a chicken breast, bring a lightly salted medium-sized pot of water to a boil. Add the chicken, turn down the heat, and simmer for 20 minutes, until the chicken is cooked through, then drain and let cool before shredding.

The above recipe is compliant with Lori Kearney's 5-Day Whole Foods Cleanse. Want more detox friendly recipes? Check out www.mindfulhealthwithlori.com/resources and scroll down to the recipes.

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