

Healthy Chicken Fiesta Salad

Prep Time = 30 min	Cook Time = 60 min	Total Time = 90 min	Servings = 6
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Ingredients:

Chicken Salad

- 1 Pound Chicken Breast Grilled and Shredded Marinade in Healthy Italian Dressing
- 4 Boiled Eggs from Pasture-Raised Chickens
- 1 Large Head of Napa or Celery Cabbage Organic Sliced
- 1 Large Head of Red Lettuce Organic Sliced
- 1/2 Green Bell Pepper Sliced
- 1/2 Yellow Bell Pepper Sliced
- 1/2 Red Bell Pepper Sliced
- 1/2 Red Onion Minced
- 1 Cucumber Organic Sliced Thin
- 2 Roma Tomatoes Chopped
- 2 Green Mexican Tomatoes Chopped
- 1/2 Avocado Diced
- 1/2 Cup Black Beans Drained
- 1 Jalapeno Pepper Minced
- 1/4 Cup Pumpkin Seeds
- 1/4 Cup Sunflower Seeds
- 1/2 Cup Feta Cheese Crumbled

Salad Dressing

- 1/2 Cup Extra Virgin Olive Oil
- 2 Cloves Garlic Minced
- 1/4 Cup Shallots Chopped
- 1/2 Cup Cilantro Chopped
- 1/2 Lime for Freshly Squeezed Juice
- 1/2 Lemon for Freshly Squeezed Juice
- Sea Salt to Taste
- Black Pepper to Taste

Directions:

1. Marinade chicken breasts overnight in healthy Italian dressing.
2. Cook chicken breasts on grill slowly while you prepare salad.
3. Boil 4 whole eggs, peel, and slice into thin slices. Set aside for salad.
4. Place all other salad ingredients (not salad dressing ingredients) into a very large salad bowl and toss the salad to mix all ingredients as evenly as possible.
5. Once chicken is finished grilling, shred the chicken with a fork to create thin strips of grilled chicken. Place the chicken on top of the salad. DO this quickly so chicken is warm when served just to get a better experience.
6. Place the slices of boiled eggs on top of the salad.
7. Drizzle salad dressing over the entire salad and serve.

8. Take your time eating this salad and recognize each of the ingredients as you slowly chew each bite. Learn to take your time eating and enjoy the food God has given us. Thank God for every bite you take. Ask God to flood your body not only with nutrients but with love for all.

Nutrition Facts	
Serving Size 4526 g	
Amount Per Serving	
Calories 4275	Calories from Fat 2360
% Daily Value*	
Total Fat 267g	411%
Saturated Fat 57g	286%
Trans Fat 0g	
Cholesterol 1112mg	371%
Sodium 4967mg	207%
Total Carbohydrate 349g	116%
Dietary Fiber 89g	357%
Sugars 110g	
Protein 172g	
Vitamin A 474% • Vitamin C 2473%	
Calcium 179% • Iron 205%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	23675 IU	474%
Vitamin C	1484 mg	2473%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~32.4 mg	~162%
Vitamin K	~1580 mcg	~1975%
Thiamin	3.8 mg	254%
Riboflavin	4.0 mg	233%
Niacin	41.5 mg	208%
Vitamin B6	6.4 mg	321%
Folate	1325 mcg	331%
Vitamin B12	~5.0 mcg	~84%
Pantothenic Acid	~16.0 mg	~160%
Choline	~1034 mg	
Betaine	~143 mg	

Minerals

Amounts Per Selected Serving		%DV
Calcium	1791 mg	179%
Iron	36.9 mg	205%
Magnesium	926 mg	232%
Phosphorus	3181 mg	318%
Potassium	9459 mg	270%
Sodium	4967 mg	207%
Zinc	19.3 mg	129%
Copper	3.5 mg	176%
Manganese	9.1 mg	455%
Selenium	~208 mcg	~297%
Fluoride	~28.5 mcg	

Calorie Information

Amounts Per Selected Serving		%DV
Calories	4275 (17899 kJ)	214%
From Carbohydrate	1274 (5334 kJ)	
From Fat	2360 (9881 kJ)	
From Protein	642 (2688 kJ)	
From Alcohol	~0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	172 g	344%

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	349 g	116%
Dietary Fiber	~89.3 g	~357%
Starch	~75.6 g	
Sugars	~110 g	

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	267 g	411%
Saturated Fat	57.3 g	286%
Monounsaturated Fat	~137 g	
Polyunsaturated Fat	~42.8 g	
Total trans fatty acids	~0.0 g	
Total trans-monoenoic fatty acids	~0.0 g	
Total trans-polyenoic fatty acids	~0.0 g	
Total Omega-3 fatty acids	~2399 mg	
Total Omega-6 fatty acids	~40045 mg	

Your Notes: