**Chinese Chicken Salad**

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Serves: 6

INGREDIENTS

* 1 chicken breast- boiled and shredded
* 2 baby bok choy- sliced
* 1 napa cabbage- sliced
* 1 cup red cabbage- finely sliced
* 1 carrot- shredded
* 1 ¼ cup cashews- toasted
* 3 tbsp sesame seeds
* ¼ tsp salt
* 1 tbsp coconut aminos
* 1 tbsp lemon juice

INSTRUCTIONS

1. Put chicken breast into a pot and cover it with water, bring to boil and boil for about 10 min
2. While chicken is boiling, put skillet on med/high and add 1 tbsp oil and cashews and sauté until browned then add sesame seeds and let brown.
3. Remove cashews and sesame seeds from skillet and let cool
4. Slice bok choy, and both cabbages into small strips, shred carrots and place all in a large bowl
5. When chicken is done remove it from water and let it cool. When cool enough to touch use fingers or a fork and shred chicken
6. Heat skillet to med/high and add shredded chicken, lemon juice salt and coconut animos and sauté a few minutes until chicken is fully cooked. Turn off skillet and let chicken cool

* **Honey Sesame Dressing**

Serves: 1 cup

INGREDIENTS

* 2 tbsp coco aminos
* ¼ cup apple cider vinegar
* 2 tbsp honey
* 2 tbsp toasted sesame seed oil
* 1’’ chunk ginger
* ½ cup safflower oil
* ⅓ tsp salt

INSTRUCTIONS

1. Put all ingredients in blender and blend on high until smooth