



## Strawberry Kiwi Salad with Chicken

4 servings

5 minutes

### Ingredients

44 milliliters Apple Cider Vinegar  
44 milliliters Extra Virgin Olive Oil  
20 grams Maple Syrup  
Sea Salt & Black Pepper (to taste)  
226 grams Mixed Greens  
288 grams Strawberries (chopped)  
4 Kiwi (peeled and chopped)  
32 grams Sunflower Seeds  
283 grams Chicken Breast, Cooked (sliced)

### Nutrition

Amount per serving	
Calories	337
Fat	17g
Saturated	3g
Carbs	23g
Fiber	5g
Sugar	13g
Protein	26g
Cholesterol	74mg
Sodium	75mg
Potassium	872mg
Vitamin A	92IU
Vitamin C	114mg
Calcium	90mg
Iron	2mg
Vitamin D	1IU
Vitamin E	5mg
Vitamin K	36µg
Thiamine	0.1mg
Riboflavin	0.3mg

### Directions

- 1 In a small bowl combine the apple cider vinegar, oil, and maple syrup. Season with salt and pepper and stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Top with the chicken and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and chicken. Add the dressing just before serving.

**Additional Toppings:** Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

**No Chicken:** Top with cooked shrimp, fish, or tofu instead.

**No Sunflower Seeds:** Use pumpkin seeds, hemp seeds, or chopped nuts instead.



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Niacin	10mg
Vitamin B6	1.0mg
Folate	53µg
Vitamin B12	0.2µg
Phosphorous	317mg
Magnesium	57mg
Zinc	1mg
Selenium	27µg