

Paleo Chicken or Salmon and Vegetables with Paleo Pad Thai Sauce or
Paleo Dairy Free Ranch Dressing

Whole Foods Nutrition with Cindy Olejar

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Serving size 2 to 4

This recipe is very versatile; you can put in whichever organic raw vegetables you like. I put a variety of vegetables in this recipe to obtain a range of micronutrients. You can increase the amount of ingredients to make leftovers too.

Ingredients

1 to 2 pounds of pasture raised chicken or wild caught salmon cooked and cut into bite size pieces

1 cup chopped or shredded organic white, red and green cabbage

1/2 cup shredded organic broccoli

1/2 cup shredded organic carrots

1/2 cup chopped organic spinach

1/2 cup chopped organic celery

1/4 cup pickled organic beets or pickles (can add more if desired) 1 to 2

Tablespoons fresh organic parsley chopped

1 to 2 Tablespoons fresh organic green onions chopped Sea Salt to taste
Pepper (optional)

Dressings

Paleo Pad Thai Sauce (see recipe in sauce section by Food by Mars)

Or Dairy Free Ranch Dressing (see recipe in sauce section by Alissa Segersten)

Directions

1. I make the Paleo Pad Thai Sauce or Dairy Free Ranch dressing the day before, so it can be in the fridge overnight.
2. Cook the chicken or salmon, when cooled cut in to bite size pieces and set aside.

3. Combine the vegetables, pickled beets or pickles, then add the chicken or salmon, parsley and green onions. Add sea salt and pepper if desired. Add the amount of Pad Thai sauce or Dairy Free Ranch dressing you like, mix, and enjoy!*

*You can also make this recipe one bowl at a time when you are ready to eat it. Just store the vegetables raw in the fridge and then the veggies will also be available to use with other recipes, and this helps prevent them from getting possibly soggy with the sauce if you are making enough for leftovers. Just store the chicken or salmon and raw vegetables, etc. in separate food storage containers and put in the desired amount of chicken or salmon, vegetables, pickled beets or pickles, parsley, green onions, sea salt, pepper and sauce in your eating bowl when ready to eat and enjoy.

