

## COMBINING RIGHT RECIPES

### MAINS

#### Protein

#### **Apple and Mango Salad with Grilled Chicken – serves 4 (protein)**

2 Tbsp rice wine vinegar  
1 Tbsp chopped chives  
1 tsp grated fresh ginger  
½ tsp salt  
¼ tsp freshly ground pepper  
2 Tbsp olive or grapeseed oil  
½ tsp salt  
¼ tsp freshly ground pepper  
¼ tsp cumin  
1 pinch ground red pepper  
4 boneless, skinless chicken breast halves  
8 cup mixed salad greens  
1 mango, peeled and sliced  
2 firm apples, peeled, cored and thinly sliced  
¼ cup sunflower seeds

for the vinaigrette, combine vinegar, chives, ginger, salt and pepper, and whisk in oil. Mix well. Combine salt, pepper, cumin and red pepper in a cup. Sprinkle over both sides of chicken breasts. Lightly spray a heavy grill or cast iron pan with oil and heat for a couple of minutes to medium-high heat. Cook chicken 5-6 minutes per side until done. Transfer to cutting board. Toss greens, mango and apple slices with 3 Tbsp dressing. Arrange salad on dinner plates. Slice chicken and divide evenly over greens. Drizzle remaining dressing over chicken and sprinkle with sunflower seeds.