

Chick Pea and Chicken Salad

Serves 1

Ingredients:

½ can chick peas, low sodium
150g cooked chicken, no skin
½ cup diced cucumber, skin on
½ cup snow peas, slithered
½ tsp tamari, low sodium
¼ red onion, diced
½ tomato, diced
A handful each of mint, parsley, basil
1 cup mixed leaves
1 tbs fresh lime juice
1 tbs white wine vinegar
1 lime wedges

Method:

Steam your chicken for 12 minutes then let it cool slightly before you shred it. Place it in a mixing bowl with the other ingredients and toss well. Serve piled high on a serving plate.

Ingredient	Calories	Carb (g)	Protein (g)	Fat (g)	Sodium (mg)
½ cup chick peas, no salt	99	12.1	5.7	1.8	10
150g chicken breast, cooked	158	-	33.5	2.4	61.5

½ diced cucumber	37	1.9	1.2	.1	15
5 snow peas	6	.8	.5	-	.1
1 tsp tamari, low sodium	4.5	.5	.5	-	231
¼ red onion	7	1.1	.4	-	-
½ tomato	14	1.8	.7	.1	6
2 sprigs of mint	1	-	-	-	.1
1 tbs parsley	1	-	.5	-	1.5
1 tbs basil	1	-	-	-	1.2
1 cup mixed leaves		1.4	.8	.7	19.5
1 tbs lime juice	2	.3	.1	-	.6
1 tbs white wine vinegar	3	-	.1	-	1.1
1 lime wedge	4	.1	.1	-	.4
TOTAL	336.5	32.5	50.1	3.3	358

Table is for one serving