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### **California Salad with Avocado and Chicken**

*Makes 4 servings*

2 large boneless, skinless chicken breasts  
1 Tbsp peeled and crushed fresh ginger root  
2 tsp extra-virgin olive oil  
4 Tbsp freshly squeeze lime juice  
3 Tbsp fresh chopped cilantro  
Sea salt and black pepper to taste  
5 cups fresh greens (spinach, arugula, kale, swiss chard, romaine, etc)  
1 avocado, peeled and sliced  
½ cucumber, chopped  
2 Tbsp chopped red onion  
½ cup sunflower sprouts

1. Preheat the oven to 350 F.
2. Season the chicken breasts with salt and pepper and bake until still cooked through but still moist (30-40 minutes). Remove from the oven and cut into bite-sized chunks when cool enough to handle. Set aside.
3. For the dressing: Combine the ginger, olive oil, lemon juice, cilantro and salt and pepper in a small bowl and mix well.
4. Place greens, avocado, cucumber and chicken in a big salad bowl, with sprouts on top. Toss with dressing and serve.

This is a great salad for a lunch. Prepare all parts of the salad ahead of time, except the avocado, and prepare your individual serving for your lunch each day.