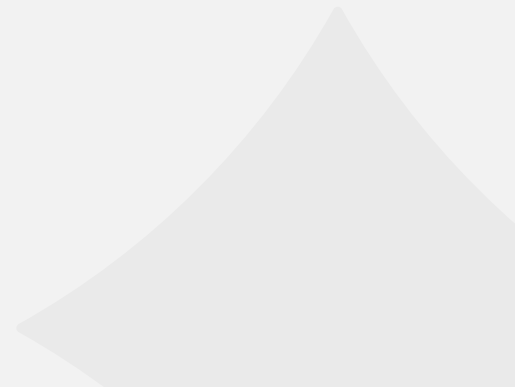


# Shredded Chicken Tacos with Pineapple Pico de Gallo

YIELD: 6 SERVINGS



## INGREDIENTS

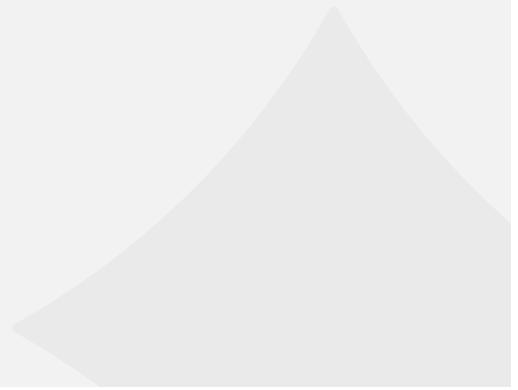
3 large chicken breasts, cut into 1 inch cubes  
1 serrano chili, trimmed and sliced  
1 small onion, trimmed and quartered  
1 large tomato, trimmed and quartered  
1 tsp salt, kosher  
½ cup cilantro, roughly chopped  
1 tsp cumin, ground  
½ tsp coriander, ground  
12 corn tortillas, toasted in a dry pan  
1 cup cabbage, thinly sliced  
1 cup radish, julienne  
1 cup pineapple pico de gallo  
3 Limes, cut into wedges

## DIRECTIONS

1. Place chicken, serrano, onion, tomato and salt (1 tsp) in a medium sauce pan. Add just enough water to cover the ingredients.
2. Bring up to a simmer and cook for about 30 minutes or until everything is very soft and tender.
3. Strain off and reserve excess liquid. Add the cilantro (½ cup), cumin (1 tsp) and coriander (½ tsp) to the pan and mash with a large fork or potato masher to roughly combine. Taste and adjust salt as needed.
4. Plate corn tortillas and top with chicken, cabbage, radish and pineapple salsa. Garnish with a wedge or two of lime.

# Pineapple Pico de Gallo

YIELD: 6 SERVINGS



## INGREDIENTS

- 2 **limes**, juiced
- 2 cups **pineapple**, trimmed and diced
- 2 cups **tomato**, seeds removed and diced
- 1 cup **sweet Vidalia onion**, diced
- 1 cup **cilantro**, chopped
- 1-2 **Serrano chili**, seeds removed and minced
- Salt**, kosher, to taste

## DIRECTIONS

Toss lime, pineapple, tomato, onion, cilantro, Serrano, and salt in a medium mixing bowl. Taste and adjust salt as needed.

# Sizzlin' Fajita Bowl with Shaved Cabbage, Black Beans, and Lime

## YIELD: 6 SERVINGS

Gluten-free

Dairy-free

## RECIPE CUSTOMIZATION

To make it FODMAP friendly, omit onion, use half the amount of purple cabbage, and swap black beans for sliced carrots

## INGREDIENTS

1 lb shredded chicken, from leftovers or a rotisserie from your market

2 Tbsp avocado oil

1 red bell pepper, trimmed and sliced thin

1 onion, trimmed and sliced thin

½ head purple cabbage, sliced thin

1 lime, juiced

1 lb black beans, canned and drained

1 cup tomato, small dice

1 cup corn, frozen or fresh poached for 3 minutes in salted water

2 avocados, sliced

½ cup cilantro, chopped

¼ cup sherry vinegar

¼ cup extra virgin olive oil

Salt, kosher

## DIRECTIONS

1. Place cabbage in a mixing bowl. Toss to combine with a pinch of salt and lime juice.
2. Heat the avocado oil (2 Tbsp) in a large sauté pan over a high heat.
3. Add the bell pepper, onion, and a pinch of salt. Cook over high heat until browned.
4. Add shredded chicken. Continue cooking until hot.
5. Plate or platter the shredded chicken mixture, cabbage, and black beans in a triangle near one another.
6. Top with piles of the tomatoes and corn.
7. Sprinkle with avocado and cilantro.
8. Drizzle lightly with sherry vinegar and olive oil.
9. Sprinkle with additional salt if desired.



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## Sizzlin' Fajita Bowl with Shaved Cabbage, Black Beans, and Lime

### NUTRITION FACTS

Serving size 1 (14.1 oz)

Amount Per Serving	399g
<b>Calories</b>	<b>636</b>
	<b>% Daily Value</b>
<b>Total Fat</b> 27.2g	42%
Saturated Fat 4.1g	20%
<b>Cholesterol</b> 49mg	16%
<b>Sodium</b> 523mg	22%
<b>Total Carbohydrate</b> 68g	23%
<b>Dietary Fiber</b> 19g	77%
<b>Sugars</b> 9g	
<b>Protein</b> 35g	70%
Vitamin A	33%
Vitamin C	114%
Calcium	15%
Iron	32%

# Pineapple Marinated Cauliflower Medallions with a Mixed Green Salad

YIELD: 6 SERVINGS



## INGREDIENTS

3 cups pineapple, trimmed, core removed and ¼ inch sliced  
¾ cup brown sugar, packed tightly  
1 cup cider vinegar  
1 tsp salt, kosher  
1 Tbsp ginger, peeled and chopped  
1 tsp garlic  
⅛ tsp cayenne pepper  
½ cup raisin, rough chopped  
½ cup almonds, rough chopped  
1 large head cauliflower, cut into one-inch medallions/florets  
8 cups mixed greens

## DIRECTIONS

1. Preheat a grill to 350 degrees.
2. Grill pineapple slices until well browned by the grill grates on both sides. Allow to cool. Small dice the pineapple. Combine grilled and diced pineapple, sugar (¾ cup), vinegar (1 cup), salt (1 tsp), ginger (1 Tbsp), garlic (1 tsp) and cayenne (⅛ tsp) in a large saucepan.
3. Heat to a simmer; simmer gently, stirring frequently for 15 minutes.
4. Stir in the raisins (½ cup) and almonds (½ cup). Continue to simmer gently, stirring often, until mixture thickens to make the marinade/dressing.
5. Toss the cauliflower, with enough of the marinade to coat. Place on the preheated grill to brown and cook until tender.
6. Toss the mixed greens (8 cups) in a mixing bowl with just enough of the dressing to lightly coat the leaves.
7. Plate the greens and place the cooked cauliflower around the greens.