

CURRIED CHICKEN SALAD:

1 tablespoon extra virgin olive oil
3 boneless, skinless chicken breasts, cut into medium dice
1 small onion, minced
1 finely chopped red pepper
2 cloves garlic, minced
1 (14-ounce) can coconut milk
1/4 cup dried cranberries
1 tablespoon chopped fresh cilantro leaves
1 tablespoon mild curry powder
1 tablespoon minced ginger
1/2 teaspoon freshly ground black pepper
1 tablespoon pistachio nuts, roughly chopped
Combine all ingredients

RED SLAW

1 red onions sliced and chopped
1 large red beet, sliced and chopped
1 red cabbage sliced and chopped
1 cup of (mint, parsley, cilantro, ginger) chopped
1 cup of hijiki seaweed
1/2 cup of Minh's secret sauce (Can be purchased at TSC Cafe)
Combine all ingredients

Options:

You can wrap both into a nori roll with rice paper, sprouts and lettuce;
Or you can put it into a cabbage cup with quinoa for tacos; Or you can enjoy
the two salads side by side.

OATMEAL CREATION BOWL

Variations:

The Almond Joy (carob, almonds, coconut, flaxseeds and agave)
Fruity Pebbles (blueberries, strawberries, bananas, flaxseeds and agave)
The Peanut Butter Power Protein Bowl (peanut butter, whey protein
powder, flaxseeds, bananas, agave)