



Your New Vitality

Holistic health from a biblical perspective



I am somewhat well-known in Loveland for making interesting salads.... I bring them to nearly every potluck, so I always know I have something healthy to choose from. Love to combine tangy bleu cheese with sweet & tart dried cherries or Granny Smith apples along with a variety of nuts and herbs (of course!).

Recently, I created this totally DELISH salad, and it was AMAZING, if I do say so myself!

Coconut Curry & Sesame Chicken Salad

Bake 2 chicken breasts, then dice and dip in:

- 4 egg whites, whisked
- 1 T. soy sauce

Coat with:

- 1 c. shredded coconut
- 2 T. sesame seeds
- 3 T. Tandoori seasoning (curry, chili, black pepper, coriander, cumin, ginger, turmeric, mustard, caraway, cinnamon, cloves, bay leaves, cardamom, salt)

Stir fry in 1-2 T. coconut oil, then toss on mixed greens with:

- 4 green onions, chopped
- 4 stalks celery, diced
- 1 can water chestnuts, sliced
- 1/2 c. raisins
- 1 c. fresh cilantro, chopped
- 1/2 cashews (almonds, pecans or walnuts would be good too!)

Serve with:

- A small amount of [#BraggsGingerSesame](#) dressing or another sugar-free, low-fat dressing

