

Super Salad

INGREDIENTS

Salad mix of choice

Green onion

Onion

Garlic

Pickled beets

Blueberries

Avocado

Chicken

Dressing of choice

DIRECTIONS

Base: Choose a salad base that you enjoy. Whether it be kale, romaine, spinach or a mixture of leaves. Make it your own.

Protein: Chopping your chicken as big or small as you want and seasoning it to your liking. Cook your chicken well then add in the onions and garlic mentioned below.

Veggies: Sauté the onion and garlic in a small pan. The warm feeling on the salad is super special. The pop of colour here is the pickled beets. They also add a nice tangy flavour to the salad.

Fruits: Honestly any fruit will do. Blueberries just happen to make it to the salad. They're super healthy for you and perfect for a salad. Also adding avocado which is a nice healthy fat. This keeps my salad bulky and I love it.

Assemble your salad the way you'd like!
There is no right or wrong.