

Tomatoes & Chicken

Servings: 4

RECIPE BOX

INGREDIENTS

4 TBSP WHITE WINE VINEGAR
3 TBSP EVOO
1-1/2 TSP KOSHER SALT
3 CUPS SHREDDED CHICKEN,
COOKED
2 POUNDS TOMATOES, CUT INTO ½
IN WEDGES
1/2 CUP RED ONION, THINLY SLICED
2 TBSP CHOPPED BASIL
2 TBSP FLAT-LEAF PARSLEY,
CHOPPED



DIRECTIONS

STEP 1: In a small bowl, whisk together vinegar, olive oil and salt.

STEP 2: Gently toss chicken, tomatoes, onion, basil and parsley in a large bowl.

STEP 3: Pour vinegar mixture and toss to combine.

GF This recipe is gluten free as written.

V Remove chicken and serve with flavored tempeh.

Nutrition per Serving: Calories 299, Fat 14g, Carbs 10g, Fiber 3.1g, Sugars 6.7g, Protein 32g

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