



We help Make America Healthier

## 5 Minute Spicy Asian Chicken Salad\*

This recipe is dairy free, low carb, paleo friendly and can also be adjusted to be gluten-free and sugar-free!

### Ingredients

- 2 bags shredded carrots
- 2 bags of shredded cabbage and kale salad
- 2 Tbs black sesame seeds
- 1 jalapeno sliced very fine (more or less to taste)
- 1 rotisserie chicken, torn into shreds
- juice of 2 limes
- 4 Tbs soy sauce or substitute like tamari (gluten-free!)
- 1 Tbs Sriracha
- 5-6 drops liquid stevia (alternately honey or maple syrup)

Simply put all ingredients into a large plastic bag and shake vigorously until well incorporated. Adjust flavors as needed.

\*<http://lindawagner.net/blog/2014/03/5-min-spicy-asian-chicken-salad-paleo-friendly/index.html>



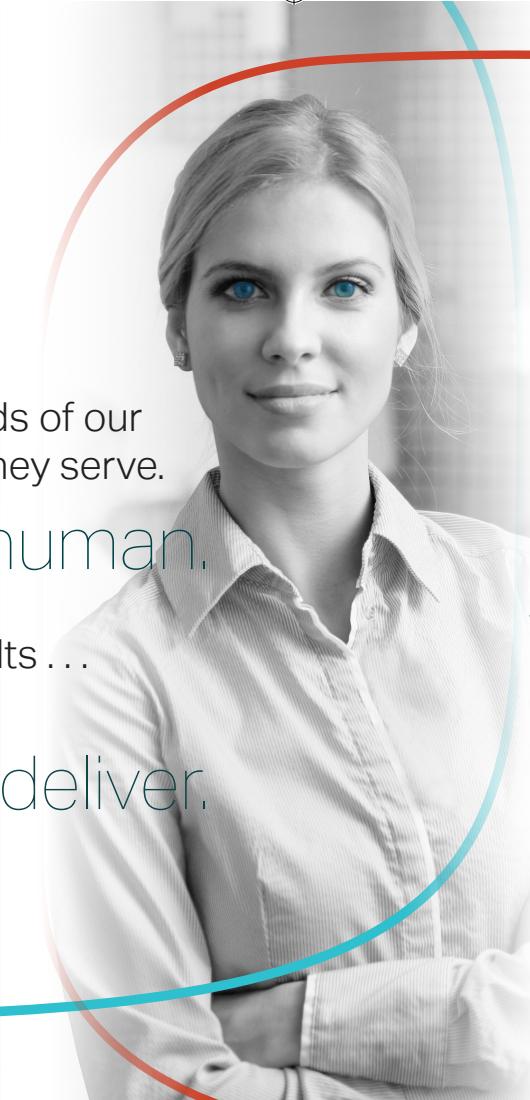
From day one  
... and every day since.

It's about meeting the needs of our  
clients and the members they serve.

We keep it human.

It's about outstanding results ...  
year over year.

We always deliver.



## Health Plan Solutions

dual eligibility outreach and  
retention ▪ low-income subsidy  
outreach and enrollment  
special needs plan retention  
SSI/SSDI enrollment ▪ Medicare  
conversion services

[www.humanarc.com](http://www.humanarc.com)