

GRILLED CHICKEN AND BERRY AVOCADO SALAD

Bariatric, Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 7 (Serving= 1 cup)

Nutrition (per serving)

Calories: 256

Total Carbohydrate: 33 g

Total Fat: 9 g

Dietary Fiber: 7 g

Saturated Fat: 1 g

Protein: 14 g

Sodium: 26 mg



Ingredients

Salad

- 1 cup uncooked spelt, makes about 2 cups cooked (use buckwheat, sorghum, brown rice or quinoa for GF version)
- 1 avocado, halved, seeded, peeled and diced
- 2 ears raw corn, kernels cut off

Lime Vinaigrette

- 2 Tablespoons extra-virgin olive oil
- 2 Tablespoons apple cider vinegar
- Zest of 1 lime

- 1 ½ cups blackberries
- 2 cups diced strawberries
- 2 Tablespoons chopped fresh cilantro leaves
- 1 chicken breast, grilled and chopped
- 1 Tablespoon freshly squeezed lime juice
- 1 Tablespoon sugar, or more to taste



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Directions

1. In a medium saucepan, cook spelt according to package directions.
2. In a large bowl, combine spelt and rest of salad ingredients.
3. In a small bowl, whisk together vinaigrette ingredients.
4. Combine salad and vinaigrette and toss gently to coat. Serve immediately.

To make bariatric diet friendly:

Decrease serving size to ½ cup

Updated bariatric nutrition information: Calories 128, Total Fat 4.5g, Sat Fat 0.5g, Sodium 13mg, Total Carbohydrate 17g, Fiber 3.5g, Protein 7g



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