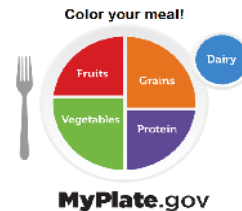




CHICKEN AND CABBAGE SALAD



Ingredients:

2 Tbsp Soy Sauce

1-4 Cloves Garlic, minced

1 Carrot, shredded

1/2 Cup Cilantro, minced

2 Tbsp Lime Juice

1 Chili Pepper, minced

1 Red Onion, thinly sliced

1/4 Cup Peanuts, chopped

Zest of one Lime

1 Head of Cabbage, shredded

1/2 Cup Mint, minced

2 Cups Chicken, canned or cooked

Directions:

1. In a small bowl, mix together soy sauce, lime juice and zest, minced garlic, and minced chili pepper for dressing.
2. Add cabbage, carrot, red onion, mint, cilantro, peanuts, and chicken to a large bowl. Pour dressing over top and mix thoroughly.
3. Enjoy right away or place in the refrigerator until chilled.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

F.O.R.
Food and Other Resources
HELPLINE




For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

 Operado por el Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

F.O.R.
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

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Scan the QR code below for more resources!



linktr.ee/GleanersKitchen

Text **HEALTHYEATS** to 833-956-1009 to get text alerts for classes, nutrition tips, recipes, and