

Rainbow Chicken Salad

When I go through the produce aisle at the grocery store, I'm usually looking at all the various fruits and veggies trying to decide how each one will fit with the others and what I can pair with it. I also like to try new things, especially if they will make my life easier, so I'm happy to see lots of veggie noodles on the market these days.

If you try to eat a healthy diet, you've probably tried veggies noodles in some form or another, probably zucchini noodles, but you can make noodles out of a variety of veggies, from sweet potatoes and winter squash, to beets, to turnips, to carrots and broccoli. Basically any veggie you can think of, you can turn into noodles.

So, that's what this salad is. A variety of brightly colored noodles, a few other veggies, tossed with some chicken, almonds, and a delectable dressing that will keep your stomach full and your taste buds happy. If you have ever thought you couldn't enjoy a bowl full of veggies, you are sorely mistaken.

The main thing when working with veggie noodles is that you want them to be crisp and firm and not soggy and limp. You do this with an ingredient you already have in your pantry: salt. Just lay out your noodles, sprinkle with salt and let them sit for a good 15 minutes. Then pat dry with paper towels, and you're good to go. You'll be amazed at how much water comes out of them.

As far as how you get the noodles? Well, that's up to you. If you have one of those fancy spiralizers, by all means use it — it will definitely be the cheapest way to get your veggie noodle (voodle?) fix. A julienne peeler will also work. But you may just head to the produce department at your grocery store and see what's there, because even if you're in a remote area, you might be surprised what you find.

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Serves 4

Prep time: 30 minutes

Ingredients:

1 pound veggie noodles, any variety, or mix — carrots, zucchini, and squash work well here

1 tablespoon Colima Sea Salt

1 bell pepper, thinly sliced

1 cup shredded purple cabbage

4 green onions, sliced

2 cups cooked and shredded chicken

1/2 cup toasted sliced almonds

1/2 cup Ava Jane's Kitchen Avocado Oil

1 teaspoon grated ginger

1 teaspoon honey

Juice and zest of 1 orange
Juice and zest of 1 lime
1 teaspoon soy sauce
Colima Sea Salt and black pepper, to taste

Directions:

Lay a bunch of paper towels on a clean counter top. Sprinkle with about half the salt. Lay the noodles on top and sprinkle the rest of the salt evenly over them. Let stand for about 15 minutes.

While you're waiting for the noodles, toss the peppers, cabbage, green onions, chicken and almonds in a large bowl.

Put the remaining ingredients in a jar and shake until well combined.

When the time is up for the noodles, squeeze as much water out of them as you can, and dry with more paper towels. Add to the salad, and toss with the dressing. Serve immediately.