

FODMAP

## Chicken Salad with Coconut-Lime Dressing

¼ cup coconut milk  
1 tbs. natural peanut butter  
1 tbs. lime juice  
1 tbs. reduced sodium soy sauce  
4 cups shredded, cooked chicken  
8 cups salad greens  
1 cup fresh greens (a mix of cilantro, basil, and mint), optional  
¼ cup roasted peanuts

Step 1:

In a large bowl, whisk together coconut milk, peanut butter, lime juice and soy sauce until smooth.

Step 2:

Toss chicken, carrot and salad greens with coconut lime dressing

Step 3:

Top the salad with the herbs, if using the peanuts.

Serves 2