



**CHEF JOSE GARCES, CHIFA**  
www.chifarestaurant.com

### CHICKEN SALAD:

- ½ breast of chicken grilled and cut in slices
- 2 Tbsp scallions chopped
- chives chopped
- 1 red pepper diced
- 2 mangoes diced
- ½ green apple diced and kept in lemon water until ready to use
- 1 avocado peeled and sliced
- 1 plum tomato, sliced
- ½ lime
- olive oil

### Nutrition Facts

Serving Size 66 g

#### Amount Per Serving

Calories 20

Calories from Fat 2

	% Daily Value*
<b>Total Fat</b> 0.2g	0%
<b>Saturated Fat</b> 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 3mg	0%
<b>Total Carbohydrates</b> 4g	1%
<b>Dietary Fiber</b> 1.4g	6%
<b>Sugars</b> 2.6g	
<b>Protein</b> 0.7g	

Vitamin A 38%

Vitamin C 129%

Calcium 1%

Iron 2%

\* Based on a 2000 calorie diet

### Directions:

Mix top 6 ingredients in a bowl and season with olive oil, salt and pepper to taste, juice from 1/2 a lime and chopped cilantro.

Add chicken salad to the arepa slices, top with tomato and avocado slices drizzle with olive oil and season with salt and pepper to taste. As an alternative substitute arepa with romaine leaves.

**Serves 2**

**For more information please visit:**  
[WHYY.org/widerhorizons/chefsguide.html](http://WHYY.org/widerhorizons/chefsguide.html)