

CHICKEN AND PEAS, PLEASE

Peas are tiny but mighty, loaded with fiber, iron, lutein, and vitamin A. Shred your chicken to mix things up in the texture department.



INGREDIENTS

- 200g Boneless, Skinless Chicken Breast, Cooked
- Green Split Peas (*I use Bob's Red Mill.*)

INSTRUCTIONS

- Step 1 ///**
Shred chicken with two forks.
- Step 2 ///**
Cook peas according to package directions.
- Step 3 ///**
Serve together.

NUTRITION FACTS	Quantity/g	Protein	Carbs	Fats	Calories
CHICKEN BREAST, BONELESS/SKINLESS	200	46.4	0	1.6	200
PEAS (GREEN SPLIT) FIBER (BOB RED MILL)	200	22.8	54.4	0.9	317
▶ TOTAL		69	54	2	517