

Name: Satya Maripi

### Chicken Salsa Salad Recipe

Purpose: an easy, fast and simple recipe to eat regularly to maintain a nutritious and balanced lifestyle! – And suitable to be cooked in bulk, perfect for the student athletic lifestyle – and don't forget tasty!

Ingredients (serves 1):

- 100g of cooked chicken breast (slow cooker)
- 125g of cooked (boiled) mixed vegetables
- 125g of cooked (boiled) broccoli
- 200g of cooked long grain brown rice
- 50g of premade tomato based salsa (store bought)

Instructions:

- Cook all ingredients separately and mix → store in fridge overnight for best results
  - Note for chicken – to be cooked in a slow cooker, also known as crock-pot. Experiment with your own seasoning, I recommend chili powder with a dash of pepper.

Results:

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 467	
% Daily Value *	
<b>Total Fat</b> 5 g	7 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 355 mg	15 %
<b>Potassium</b> 511 mg	15 %
<b>Total Carbohydrate</b> 70 g	23 %
<b>Dietary Fiber</b> 14 g	54 %
<b>Sugars</b> 6 g	
<b>Protein</b> 43 g	85 %
Vitamin A	132 %
Vitamin C	167 %
Calcium	11 %
Iron	21 %

