Here’s a new salad that’s refreshing and packed with healthy fiber to help you achieve your fitness goals. Chopped salads are a fun departure from ordinary salads and are quite simple to make. Always add a side of lean protein for a perfect meal.

**What You Need**  
Serves 1

1 cup cabbage  
1 carrot  
1 green onion  
1 Tablespoon fresh cilantro  
1 Tablespoon sliced almonds  
2 teaspoons sesame low fat dressing  
½ cup cooked chicken breast

**Instructions**

1. Chop the cabbage, carrot, onion and cilantro into very small pieces. Add the almonds and toss with dressing.
2. Top with chopped chicken breast.

**Nutrition**  
One serving equals: 276.5 calories, 7.5g fat, 468mg sodium, 27g carbohydrate, 7g fiber, and 26g protein.