

Chicken Apple Pecan Salad

 Serves **2** |  Prep time **10 min** |  Cook time **No cooking needed**

 Symptom support **High Protein** | **Gut Support** | **Heart Healthy**

How this recipe supports cancer health

This salad is simple, nourishing, and packed with balance. The chicken provides lean protein to keep strength up. Apples add fiber for gut health and steady blood sugar. Greens bring antioxidants that support recovery. Nuts add healthy fats for heart and brain health, while the olive oil vinaigrette helps lower inflammation.

It's an easy, no-cook meal that supports energy, a healthy weight, and overall cancer recovery.

Ingredients

- 1 cup cooked rotisserie chicken, chopped
- 1 apple, diced
- 2 cups mixed greens
- 2 tbsp chopped pecans or walnuts
- 2 tbsp vinaigrette (olive oil + vinegar)



Instructions

1. Toss all ingredients together in a large bowl.
2. Drizzle with vinaigrette and toss gently before serving.

Vegan Swap

Use canned white beans or chickpeas instead of chicken.

Nutrition Info (per serving)

Approx. 310 kcal | 25g protein | 5g fiber
10g fat | Low sodium

Notes