

# Superfoods Cookbook: The facts, the foods and the recipes - feel great, get fit and lose weight

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## Chicken Salad With Beans And Peas

FREE RECIPE FROM *SUPERFOODS COOKBOOK* BY MICHELLE BRIDGES, CHICKEN SALAD WITH BEANS AND PEAS, PAGE 98.

Just the one superfood in this recipe, but so many other good things alongside it. The mixture of peas and beans gives heaps of fibre and iron, while the chicken gives a meaty texture without overloading the calorie count. Add the delicious dressing and you've got one hell of a tasty salad.



SERVES 2

PREP 15 minutes

COOK 10 minutes

CAL PER SERVE 380

250g skinless chicken breast, trimmed

freshly ground black pepper

olive oil spray

100g green beans, trimmed

100g snow peas, trimmed

1/2 cup (60 g) frozen peas  
1/4 cup (70 g) no-fat Greek-style yoghurt  
1/4 cup fresh mint leaves  
1/2 garlic clove  
400g can cannellini beans, drained and rinsed

1. Season the chicken with black pepper. Lightly spray a char-grill pan with olive oil and heat on medium–high. Cook the chicken for 4–5 minutes each side or until lightly charred and cooked through.
2. Meanwhile, cook the green beans in a medium saucepan of boiling water for 4 minutes, adding the snow peas and frozen peas for the last 2 minutes. Drain and cool in iced water. Drain.
3. Process the yoghurt, mint and garlic together until smooth.
4. Thickly slice the chicken. Arrange the beans, peas and chicken on a serving plate. Drizzle with the dressing.