



A Recipe from



*DR. SINATRA'S*  
**CHICKEN & PINEAPPLE COLESLAW  
WITH COCONUT-LIME DRESSING**

Delight your taste buds as you improve your health with the delicious combination of spices and nutrients in this dish. Coleslaw is made from one of the most [powerful health-promoting vegetables](#) in the food kingdom – cabbage. Cabbage is rich in fiber and vitamins A, C, and K, all of which are natural [antioxidants](#) that help prevent [heart disease](#). The addition of chicken to this dish adds complete protein along with vitamins B6 and B3 which support energy metabolism throughout the body.

For the coleslaw:

- 1 pound (455 g) chicken breast
- 1 cup (235 ml) filtered water
- 1 cup (110 g) carrots, peeled and grated
- 3 ½ cups (315 g) savoy cabbage, thinly sliced
- 1 cup (155 g) diced fresh pineapple
- 2 scallions, chopped
- ¼ cup each chopped fresh [cilantro](#) (4g) and mint (24g)

For the dressing:

- 1 cup (235 ml) coconut milk
- ¼ cup (60 ml) fresh lime juice
- 2 tablespoons (28 ml) fish sauce
- 1 tablespoon (20 g) honey

To make the coleslaw: Place the chicken and 1 cup (235 ml) filtered water in a saucepan over medium heat and steam until cooked through, about 15 to 20 minutes. Let it cool, then shred. Place the chicken in a large bowl and combine with the remaining coleslaw ingredients.

To make the dressing: In a separate bowl, whisk together all the dressing ingredients and pour over the top of the chicken.

Yield: 4 servings

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