

High Fiber Salad Recipe

Courtesy of Dr. David Clark

Serves 2

1 grilled chicken breast, cut in strips	no fiber
3 cups endive	3.6 grams
1 carrot, grated	5.22 grams
1 cup garbanzo beans	3.80 grams
1 avocado, sliced	5.92 grams
1 cup bell pepper strips	2.6 grams
1 tomato, cut in wedges	1.0 grams
1 cup broccoli florets, blanched	2.30 grams
1/2 cup onion, thinly sliced	1.44 grams
2 oz. walnuts	6.16 grams

Salad dressing and cheese may be added but contain no fiber.