

Tropical Salsa Topped Chicken Salad

Salad of the Month March - 2015



Tropical fruits, fresh spinach, peppers and chicken blend into a nutrient-rich lunch salad for a lazy afternoon.

Prep Time: 15 Mins.

Start to Finish: 30 Mins.

Makes: 2 servings

INGREDIENTS

2 cups (4 oz. each) tropical fruit in lightly sweetened juice (from 16-oz package)
1 teaspoon grated lime peel
1/4 teaspoon salt
2 boneless skinless chicken breasts (5 oz. each), cut into 1-inch pieces
1/2 medium red bell pepper, chopped (1/2 cup)
2 medium green onions, sliced (2 tablespoons)
1 tablespoon finely chopped fresh cilantro
1 bag (6 oz.) fresh baby spinach leaves
1 tablespoon flaked coconut

DIRECTIONS

1. Drain fruit cups, reserving juice. In small bowl, mix 2 tablespoons reserved juice, the lime peel and salt. Add chicken pieces; toss to coat. Cover and refrigerate 15 minutes, stirring once.
2. Meanwhile, in medium bowl, mix drained fruit, bell pepper, onions and cilantro; set aside.
3. Heat 10-inch nonstick skillet over medium-low heat. Add chicken with marinade. Cook 6 to 8 minutes, stirring frequently, until chicken is brown on outside and no longer pink in center.
4. In large bowl, toss spinach with remaining reserved juice. On 2 dinner plates, arrange spinach. Top with chicken and fruit mixture. Sprinkle with coconut.

Recipe Provides: Fruits 1/2c, Meat & Beans 4oz-equivalents, Vegetables 1 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Total Fat:	6 g	Saturated Fat:	2 g
Calories:	280	Calories from Fat:	50	Carbohydrates:	21 g
Cholesterol:	90 mg	Dietary Fiber:	4 g	Sodium:	460 mg
Sugars:	12 g	Protein:	35 g		



Recipe adapted from www.eatbetterearly.com