

Grilled Caribbean Chicken Salad

written by The Recipe Exchange | May 25, 2015

Ingredients

4 boned, skinned chicken breast halves
1/2 cup teriyaki sauce
2 med. tomatoes – diced
1/2 cup diced Spanish onion
2 tsp. chopped jalapeno pepper – seeded
2 tsp. minced cilantro – preferably fresh
1 pinch salt
1/4 cup Dijon mustard
1/4 cup honey
1 Tbls. sesame oil
1 1/2 Tbls. apple cider vinegar
1 1/2 tsp. lime juice
1 cup chopped red cabbage
4 cups chopped fresh spinach
4 cups chopped lettuce
5 1/2 oz. can pineapple chunks in juice – drained
tortilla chips – crumbled

Directions

Marinate the chicken with teriyaki for at least two hours in Ziploc® bag in refrigerator.

Combine tomatoes, onion, jalapeno, cilantro, and salt in a small bowl; cover and chill.

Blend mustard, honey, sesame oil, vinegar, and lime juice in a small bowl with an electric mixer; cover and chill.

Grill the chicken for 4-5 minutes per side, or until done.

Toss the lettuces and cabbage together and divide into 4 serving size salad bowls.

Divide the pico de gallo and pour in equal portions over the two bowls of greens.

Divide the pineapple and sprinkle on salads.

Break tortilla chips into large chunks and sprinkle on salads.

Slice the grilled chicken into thin strips and divide among bowls.

Pour the dressing into two small bowls and serve with the salads.