

Montego Bay Jerk Chicken Salad

Ingredients:

Chicken breasts, boneless, skinless	4 at 4oz each
Romaine Lettuce, chopped	4 cups
Mangos, sliced	2 cups
Cucumber, diced	1 cup
Tomatoes, diced	1 cup
Pineapple, diced	1 cup
Jamaican Jerk Sauce*	1 ½ cups
Caribbean Jerk Seasoning*	1 ½ tsp

** Try Knorr Ready-to-Use Jamaican Jerk Sauce with McCormick Perfect Pinch Caribbean Jerk Seasoning or Mrs. Dash Extra Spicy Seasoning Blend. And if you have time, make your own.*

Homestyle Caribbean Sauce

Puree the ingredients listed below in a food processor or blender until smooth. Store in the fridge and use within 2 weeks.

¼ cup peanut or canola oil
 2 tbsp. fresh thyme
 1 bunch scallions, chopped
 1-inch-thick piece fresh ginger, chopped
 4-6 garlic cloves, peeled
 2 hot peppers (like jalapeno or habanero)
 8 allspice berries, smashed
 1 tbsp. black peppercorns
 1 tbsp. nutmeg, ground
 2 cinnamon sticks, broken
 2 tbsp. soy sauce
 2 tbsp. ketchup
 ¼ cup dark brown sugar
 The juice of 2 limes

Preparation:

In a bowl, combine the Jerk Sauce with Caribbean Jerk Seasoning and mix well. Reserve ½ cup. Toss chicken in sauce and marinate in the refrigerator for about 20 minutes. Drain and discard excess marinade.

To get grill marks on the chicken (this step can be skipped), grill on a medium high grill until well-marked on both sides. Then, bake at 350 ° for 5-7 minutes or until done.

Divide the lettuce among 4 plates. Slice chicken breast and place on lettuce. Top each salad with cucumber, tomatoes, and pineapple. Drizzle the top with reserved Caribbean sauce and enjoy! To make this dish a complete meal, serve with beans and rice and plantain chips!

Serves 4.

Nutrition per serving: 320 calories, 3g fat (0.5g sat fat), 54g carb, 21g protein, 60mg cholesterol, 670mg sodium

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