



Jamaican Jerk Chicken Salad

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

178.1 calories, 10.75 g carbohydrate, 3.7 g fiber, 7.05 g NET carbs, 29.31 g protein, 1.92 g fat

Ingredients

- 2 -8oz. breast(s) organic pastured chicken
- 2 medium(s) organic red onions, sliced 1/2 in thick
- 2 medium(s) organic green bell peppers, sliced
- 1/4 tsp(s) sea salt
- 1/2 tsp(s) crushed red pepper flakes
- 1/4 tsp(s) ground allspice
- 6 cup(s) shredded organic Romaine lettuce
- 2 tsp(s) organic dried thyme

Preparation

1. Mix thyme, red pepper, allspice and salt. Rub on chicken with a spoon.
2. Grill chicken until juices run clear and center is no longer pink.
3. Add onions and peppers to grill, turning as necessary until crisp-tender.
4. Slice chicken into 1/2 inch slices. Toss romaine with chicken strips, bell peppers and onions.
5. Serve with Caesar or Italian style dressing.

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