



Chipotle Chicken Salad on Spinach

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 6

Nutrition Information Per Serving

264.5 calories, 9.87 g carbohydrate, 2.22 g fiber, 7.65 g NET carbs, 20.19 g protein, 17.3 g fat

Ingredients

- 8 Tbsp(s) Primal Kitchen Mayonnaise
- 2 cup(s) chopped organic green onions
- 1 whole, large organic yellow bell pepper, chopped
- 1/2 tsp(s) sea salt
- 1/4 cup(s) canned organic chipotles in adobo sauce, chopped
- 1 Tbsp fresh organic lime juice
- 1 tsp fresh ground black pepper
- 1/4 cup(s) fresh organic cilantro, chopped
- 1/2 large(s) large organic red onion, diced
- 2 -8oz. breast(s) organic, pasture-raised chicken
- 6 cup(s) organic spinach

Preparation

1. First, poach chicken. Place chicken breasts in a single layer in the bottom of a safe, heavy-bottomed pot. Cover chicken with water. Bring to a boil, then quickly reduce heat to low so that the water is barely at a simmer. Partly cover and gently simmer for 10 minutes. Turn off heat completely, and allow chicken to remain in hot water for 15-20 minutes.
2. While the chicken cooks, combine bell pepper, red onion, green onion and cilantro in a large bowl.
3. Mix the mayonnaise, chipotles, lime juice, salt and pepper together in a small bowl.
4. Shred the chicken meat, combine with vegetables and chipotle dressing. Mix well.
5. Chill until ready to serve.
6. Place on a bed of spinach.

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