

## **Jerk Chicken Salad**

### **INGREDIENTS:**

- 1 tbsp olive oil
- 2 boneless, skinless chicken breast
- Salt, pepper, light soy, and sage – to taste
- 2 tbsp jerk sauce
- 1 284g bag of Spinach
- 12 grape tomatoes
- 1 cup diced cucumber
- 4 strawberries
- 1 can, mandarin oranges in own juice
- 2 tbsp Newman's Oil and Vinegar dressing or Kraft Sun Dried Tomatoes and Oregano dressing



### **INSTRUCTIONS:**

Pour a tablespoon of olive oil into a non stick frying pan at medium-high heat. Cut the chicken into bite sizes, and add it to the pan. Add a few squirts of soy sauce, dash pepper and sage. Pour jerk sauce over chicken and mix well. Cook until the chicken is done (about 5 minutes), and set aside. Place the spinach in a large bowl. Cut tomatoes, cucumber and strawberries into bite-size pieces and mix with spinach. Toss cooked chicken into salad. Drain mandarin oranges and add to salad. Add dressing then serve.

### **NUTRITIONAL VALUE:**

Calories: 410

Fat: 8 g

Protein: 58 g

Carbs: 37 g

*Makes 2 servings*