

Barbecue Chicken Salad

NUMBER OF SERVINGS: 4

Ingredients

- Chicken breasts, boneless, skinless 4
- Soy sauce 2 Tbsp (30 mL)
- Extra virgin olive oil 2 Tbsp (30 mL)
- Cilantro, fresh, minced 2 Tbsp (30 mL)
- Ginger, minced 1 Tbsp (15 mL)
- Garlic, cloves, minced 2
- Hot red chili pepper flakes ½ tsp (2.5 mL)
- Yellow peppers 2
- Rice vinegar 3 Tbsp (45 mL)
- Mixed salad greens 5 ½ cups (1.350 L)
- Salt ½ tsp (2.5 mL)

Directions

1. Mince fresh cilantro. In a large bowl, whisk together soy sauce, half of the oil, cilantro, ginger, garlic and pepper flakes. Add chicken breasts and toss to coat well. Cover and refrigerate for at least 30 minutes or up to one day.
2. Meanwhile, cut peppers into quarters. Preheat grill using medium-high heat. Grill peppers for about 15 minutes until they just start to blacken. Remove to plate. Place chicken breasts on greased grill over medium-high heat and grill for 10-15 minutes per side or until a thermometer inserted into the breast reads 165°F (74°C).
3. Chop the warm grilled peppers and chicken into ½ inch wide strips. In large salad bowl, toss chicken and peppers with greens and remaining oil, vinegar and salt.

NUTRITION PER SERVING

Calories 319 | Protein 26 g | Fat 9 g | Carbohydrates 11 g | Fibre 3 g | Sodium 840 mg



Ontario is the largest processor and producer of chicken in Canada.



Chicken is an excellent source of high-quality lean protein and is a great choice for older adults as it provides a much-needed nutrient.



Eat the chicken hot off the grill or save it for later and use cold. For a great portable lunch, serve this salad in a whole-wheat pita.

Salads



Recipe
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