

Smoky Chicken on Salad

Courtesy of Carole's Creations

Prep Time: 5 minutes

Cooking time: 5-8 minutes

Serves: 2 Dinner salads

CChints: If you are using a nonstick skillet, you will want to cook in oil. Cooking sprays can damage the nonstick coatings.



1/4 teaspoon dry nutmeg

1/2 teaspoon cinnamon

1/2 teaspoon cumin

1/2 teaspoon smoked paprika

1/4 teaspoon salt

1 lb. boneless, skinless Chicken Breasts

1 tsp Olive or Canola oil or Cooking spray

1/2 of a large tomato or 2 Roma tomatoes

1/4 cup Salad Cut Hearts of Palm, drained & sliced

1/8 cup sliced yellow onion

Half of a 10-12oz. bag of a prewashed salad leaves

Salt & pepper to taste

Dressing, 2 Tablespoons Flax Seed oil or Extra-virgin Olive oil

1 tsp balsamic vinegar

A pinch of sugar

1/4 teaspoon minced garlic from a jar or fresh

In a small bowl, combine together the first 5 ingredients and set it aside. Wash chicken and cut into 1 inch wide strips. Heat a nonstick skillet with oil over medium-high heat. Sprinkle the chicken with 1/2 of the seasoning blend and lay them, seasoning side down, in the skillet. Turn the heat down to medium. Sprinkle with the remaining seasoning blend and cover. Cook 4 minutes. Wash your hands and the surfaces that touched the chicken. Remove the cover and turn chicken over. Cover again and cook for another 3-5 minutes until chicken is done.

Make your dressing during this cooking time. In a small bowl whisk together the four ingredients. Prepare the tomatoes, hearts of palm and onions.

To test the chicken to see if it is done, use 2 forks to see if you can pull apart a piece easily and it is not pink in the middle. When done remove skillet from the heat.

Divide the salad mix onto 2 dinner plates. Top each salad with half of the tomatoes, hearts of palm and onions. Place half the chicken on each salad and pour 1 tablespoon of dressing on top. The juices from the pan can also be drizzled over each salad.

Serve with a whole wheat or multi-grain cracker. A yummy, light and healthy salad dinner.