

# Jerk Chicken Salad

number of servings: 1

1 serving = 1 protein, 1 vegetable, ½ fruit

## Ingredients

- 3 ½ oz (100 grams) of chicken breast
- 1 tablespoon Caribbean jerk seasoning
- 100 grams sliced peeled cucumber
- 3 strawberries
- ¼ cup sliced celery
- 2 slices of green onion
- ¼ cup lime juice
- sea salt and cumin to taste



## Directions

1. Grill Turkey breast with jerk seasoning until turkey is not longer pink and juices run clear.
2. Remove from grill and cool.
3. Cut turkey into bite-size pieces. Toss together greens, turkey, cucumber, strawberries, and green onion.
4. Combine lime juice; add salt and cumin to taste.

