

**MAKES 4 SERVINGS**

**Chriss Polson, BC**

*This meal-sized salad adjusts easily to make more or less. Add more cayenne pepper if you like a spicy kick! The chicken, beans and corn can all be prepared the evening before, which makes this quick and easy.*

**TIP**

If you prefer, you can grill the chicken rather than stir-frying.

# Jerk Chicken Salad

• **Preparation time: 30 minutes / Marinating time: 1 hour / Cooking time: 25 minutes**

**Marinade/Dressing**

3/4 cup	lightly packed brown sugar	175 mL
1/2 cup	raspberry vinegar	125 mL
1/2 cup	water	125 mL
3 tbsp	ground allspice	45 mL
1/2 tsp	cayenne pepper (or to taste)	2 mL
	Salt and freshly ground black pepper	

4	boneless skinless chicken breasts (about 1 lb/500 g), cut into strips	4
1/2 cup	frozen corn kernels, thawed	125 mL
1/2 cup	canned black beans or kidney beans, drained and rinsed	125 mL
1	head romaine lettuce (small to medium), washed and torn (or 8 cups/2 L lettuce mix of your choice)	1
1	carrot, sliced	1
1/2 cup	sliced cucumber	125 mL
1/2 cup	sliced bell pepper (any color)	125 mL

1. **Prepare the marinade/dressing:** In a large bowl, combine brown sugar, vinegar, water, allspice, cayenne, and salt and pepper to taste.
2. Place chicken in a shallow dish and pour in half of the marinade/dressing. Cover and refrigerate for at least 1 hour or overnight.
3. Add corn and beans to the remaining marinade/dressing. Cover and refrigerate for at least 1 hour or overnight.

4. Remove chicken from marinade and discard marinade. Working in small batches, stir-fry chicken for 5 to 6 minutes or until no longer pink inside. Don't crowd the pan, or the chicken will steam instead of browning.
5. To the corn-bean mixture, add romaine, carrot, cucumber and bell pepper; toss to coat vegetables with dressing.
6. Make a bed of salad on each of 4 plates and top with chicken.

**✓ KID APPROVED**

**Black Beans**

Popular in Mexican cooking, black beans are served in burritos, enchiladas and as refried beans. Add chilled cooked beans to salads; they are especially good with fresh corn, chopped tomato, and cilantro.

**SERVING IDEA:**  
Serve with brown and wild rice or a multigrain roll. Add a glass of milk to cover all the food groups.

**NUTRIENTS Per Serving**

Calories: 353	Carbohydrate: 50.1 g	Calcium: 116 mg
Fat: 2.9 g	Fiber: 6.1 g	Iron: 3.3 mg
Sodium: 187 mg	Protein: 34.6 g	

**Very high in:** Dietary fiber, vitamin A, vitamin C, niacin, vitamin B<sub>6</sub>, folate and magnesium • **High in:** Iron, thiamine, riboflavin, vitamin B<sub>12</sub> and zinc

**Diabetes Food Choice Values Per Serving**

2 1/2	Carbohydrates
3	Meat & Alternatives