

Caribbean Chicken Salad with Peanuts

The crunch of peanuts, sweet tang of chutney, and tropical papaya in this healthy salad will have you dreaming of gentle island breezes in no time. Serve this lovely dish for a spring luncheon or light supper.

Recipe Type: Main Dish, Poultry, Salad

Degree of Difficulty: Moderately difficult

Ingredients

Caribbean Baked Chicken

4 each (4 oz) chicken breast halves, skinless
½ cup pineapple canned in own juice, crushed
1 tbs brown sugar
2 tbs Caribbean jerk seasoning
1 tsp curry powder

Salad

1 head romaine lettuce, torn in pieces
½ cup sliced green onions
1 papaya, halved, seeded, peeled and sliced
1 cup raspberries
½ cup peanuts



Directions

Caribbean Baked Chicken

- 1 Preheat oven to 350 degrees
- 2 In a small mixing bowl combine Caribbean Jerk seasoning, curry powder and brown sugar.
- 3 Rub mixture over chicken breast halves.
- 4 Place chicken breasts in baking dish. Cover with crushed pineapple.
- 5 Place in oven and bake for 45 minutes or until chicken is cooked through.
- 6 Remove chicken and let it cool down and rest. Discard pineapples.

Salad

- 1 Toss lettuce with green onions and divide among serving plates.
- 2 Cut chicken into strips. Place on top of the lettuce.
- 3 Place papaya slices and raspberries on top of salad.
- 4 Sprinkle with peanuts and serve with chutney dressing.

Cooking Times

Preparation Time: 25 minutes

Cooking Time: 45 minutes

Nutrition Facts

Nutrition (per serving): 337 calories, 13.4g total fat, 2.3g saturated fat, 79.4mg cholesterol, 107.6mg sodium, 26g carbohydrates, 8.1g fiber, 14.9g sugar, 31.5g protein.

Servings: 4

Weight Watchers Points

Note: The chicken breast, veggies and fruits are not included in the Freestyle calculation. All other point calculations do not include the fruit or vegetables.

Orig. WW Pts: 6

Points Plus: 7

Smart Points: 6

FreeStyle Smart Points: 4