



Healthy Caribbean Jerk Chicken Salad





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Ingredients:

2 chicken breasts, boneless and skinless
2 tablespoons jerk seasoning (homemade or store-bought, low sodium)
1 tablespoon olive oil
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1 orange bell pepper, sliced
2 cups mixed greens (such as spinach, kale, and arugula)
1 mango, diced
1 avocado, diced
1/4 cup red onion, thinly sliced
1/2 cup cherry tomatoes, halved

Citrus Vinaigrette

Juice of 1 lime
Juice of 1 orange
2 tablespoons olive oil
1 teaspoon honey or agave syrup
Salt and pepper to taste

Instructions:

- 1. Marinate and Cook Chicken:** Rub the chicken breasts with jerk seasoning and a bit of olive oil. Let them marinate for at least 30 minutes (or overnight for more flavor). Grill over medium heat until cooked through and charred slightly, about 6-7 minutes per side. Let rest, then slice thinly.
- 2. Prepare the Dressing:** Whisk together lime juice, orange juice, olive oil, honey, salt, and pepper until well blended.
- 3. Assemble the Salad:** In a large bowl, layer the mixed greens, sliced bell peppers, diced mango, diced avocado, sliced red onion, and halved cherry tomatoes. Top with sliced jerk chicken.
- 4. Dress the Salad:** Drizzle the citrus vinaigrette over the salad just before serving to keep everything fresh and vibrant.

Ingredient Spotlight: Bell Peppers

Colorful and Nutritious: Bell peppers add a splash of color and are rich in vitamins C and have tons of antioxidants, which are great for skin health and immune support.

Sweet and Crunchy: Their natural sweetness balances the spicy jerk seasoning, and their crunch provides a satisfying texture contrast. They are as beneficial as they are versatile.



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