Pico de Gallo Grilled Chicken Salad

Simple Cooking with Heart brings you this Pico de Gallo Grilled Chicken Salad recipe -- it's fresh, delicious and simple to make.

Ingredients

For the Chicken Salad:

1 lb. boneless, skinless **chicken breasts**, cut into 1-inch cubes (or chicken tenderloins, whatever is on sale), all visible fat discarded

OR

chicken tenderloins (whatever is on sale)

non-stick Cooking spray

8 cups **green leaf or red leaf lettuce** (approx. 8-10 leaves), washed, torn into pieces

Cilantro or lemon/lime slices for garnish

For the Pico De Gallo (fresh salsa):

1 medium tomato (diced)

1 small onion (finely chopped)

1 seeded, finely chopped **jalapeño** (can use ½ to reduce spiciness)

juice of 1 lemon

2 tsp. chopped, fresh cilantro

1/2 tsp. garlic (jarred, minced)

1/8 tsp. black pepper

Directions

For the Chicken Salad:

Spray a medium skillet with cooking spray. Add chicken to skillet and turn to medium-high heat.

Cook, stirring occasionally, for 10 minutes or until chicken is cooked through. Divide lettuce on to 4 plates, top with chicken.

Spoon Pico de Gallo over salads and serve. Garnish with cilantro or lemon/lime slices (optional)

For the Pico De Gallo (fresh salsa):

Combine all ingredients above chicken in medium bowl and stir.

Quick Tips

Tip: Pico de Gallo is super versatile with unlimited uses! Try it as a salad dressing, a dip with low sodium whole-wheat chips/crackers (Check the ingredients for the chips/crackers to ensure that they are not made with any hydrogenated oil or tropical oil, such as palm or coconut oil.) or fresh vegetables, mixed with brown rice to make “dirty rice,” over fish, or even on baked potatoes.

Calories	Protein	Fiber	Cost Per Serving
154 Per Serving	25g Per Serving	2g Per Serving	$2.22

Nutrition Facts

Calories	154
Total Fat	3.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol	73 mg
Sodium	148 mg
Total Carbohydrate	4 g
Dietary Fiber	2 g
Sugars	2.4 g
Added Sugars	0 g
Protein	25 g