

Grilled Chicken Spinach Salad

Prep: 20 minutes plus marinating

Grill: 6 minutes • Serves: 4

- ¼ cup extra virgin olive oil
- 2 tablespoons fresh lime juice
- ½ teaspoon chili powder
- ¼ teaspoon plus ⅛ teaspoon salt
- ¼ teaspoon plus ⅛ teaspoon ground black pepper
- 1¼ pounds boneless, skinless chicken breasts
- 1 small jalapeño chile pepper
- 1 small garlic clove
- 2 teaspoons honey
- 1 bag (9 ounces) fresh baby spinach
- 1 pint grape tomatoes, each cut lengthwise in half
- ½ small red onion, very thinly sliced
- ½ cup shredded Monterey Jack cheese

1. Prepare outdoor grill for direct grilling over medium heat. In small bowl, whisk together 1 tablespoon each oil and lime juice, chili powder, and ¼ teaspoon each salt and black pepper. Place chicken in large zip-top plastic bag; pour lime juice mixture in bag. Seal bag, pressing out excess air. Massage chicken in bag to coat. Marinate chicken at room temperature 10 minutes.

2. Remove chicken from marinade; discard marinade. Place jalapeño and chicken on hot grill rack. Cook jalapeño 5 to 7 minutes or until tender and charred in spots, turning occasionally; transfer to plate. Cook chicken 6 to 8 minutes or until internal temperature reaches 165°, turning once halfway through cooking. Transfer chicken to cutting board; let stand 5 minutes.

3. Remove as much charred skin from jalapeño as possible. Cut off and discard stem end of jalapeño; cut lengthwise in half. With paring knife, scrape out and discard seeds. Transfer jalapeño to bowl of food processor with knife blade attached. Add garlic, honey, and remaining 1 tablespoon lime juice, ⅛ teaspoon salt and ⅛ teaspoon black pepper. Pulse until jalapeño and garlic are very finely chopped, occasionally scraping side of bowl with rubber spatula. With processor running, slowly pour remaining 3 tablespoons oil through feed tube and blend until dressing is thick and emulsified. Makes about ¼ cup.

4. In large bowl, toss spinach, tomatoes, onion and dressing until well combined; slice chicken. Evenly divide spinach mixture among 4 dinner plates; evenly top with sliced chicken and cheese.

Approximate nutritional values per serving: 364 Calories, 18g Fat (5g Saturated), 92mg Cholesterol, 406mg Sodium, 10g Carbohydrates, 3g Fiber, 41g Protein

