



Cilantro Lime Chicken Salad with Grilled Pineapple



Cilantro Lime Chicken Salad, made with grilled pineapple, red onions, avocado, cherry tomatoes and served on a bed of lettuce. Healthy, Paleo and Whole 30.

Course Main Course, Salad

Prep Time 15 minutes

Cook Time 45 minutes

Total Time 1 hour

Servings 4

Calories 486 kcal

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Ingredients

4 boneless chicken thighs, skin on

CHICKEN MARINADE

1/2 large bunch cilantro leaves only

1/4 cup lime juice

2 cloves garlic, chopped

1/4 tsp [crushed red pepper flakes](#)

1/4 tsp [salt](#)

1/4 tsp [allspice](#)

1 tsp honey - omit for w30

SALAD DRESSING

1/4 cup [extra virgin olive oil](#)

3 tbsp [apple cider vinegar](#)

2 tsp lime zest

1 tbsp lime juice, freshly squeezed

1 tsp [honey](#)

1/2 cup cilantro leaves, no stems

1 tsp [cumin](#)

1 tsp [Dijon mustard](#)

1/2 tsp [garlic powder](#)

1/8 tsp cayenne pepper - optional

1/2 tsp [salt](#)

1/4 tsp [black pepper](#)

SALAD

4 cups mixed salad greens

1 cup cherry tomatoes, halved

1 avocado, sliced

1/2 small red onion, finely sliced

20 oz can pineapple rings

Instructions

COOKING THE CILANTRO LIME CHICKEN

Add all the chicken marinade ingredients (except the chili flakes and chicken) to a blender, and pulse until smooth.

Place the chicken pieces in an oven proof dish. Add the chili flakes to the marinade, stir, and then pour it over the

chicken.

Turn the pieces around in the marinade so it gets on all sides, cover and put in the fridge for at least an hour, or up to overnight.

Shortly before you are ready to bake the chicken, put your oven on at 375F

Bake the chicken thighs for 45 minutes or until they are fully cooked through, then slice then to serve with the salad.

GRILLING THE PINEAPPLE

I used a [cast iron grill pan](#) to grill the pineapple rings.

Heat it up to to a medium high heat and brush with a little oil. Grill the pineapple rings for a couple of minutes on each side until you get those lovely caramelized grill marks, take care not to burn it.

SALAD DRESSING

Simply add all the salad dressing ingredients into a blender and pulse it well to combine. You'll get a smoother dressing if you remove as many of the larger cilantro stems as possible.

ASSEMBLE THE SALAD

Add the salad leaves, tomatoes, and red onion to a large bowl and toss with the salad dressing.

Serve the salad (there's enough for four people) with the chicken, grilled pineapple rings and avocado layered on top.

Nutrition Facts

Cilantro Lime Chicken Salad with Grilled Pineapple

Amount Per Serving

Calories 486 Calories from Fat 351

% Daily Value*

Fat 39g	60%
Saturated Fat 8g	50%
Cholesterol 110mg	37%
Sodium 561mg	24%
Potassium 662mg	19%
Carbohydrates 13g	4%
Fiber 3g	13%
Sugar 4g	4%
Protein 20g	40%
Vitamin A 1060IU	21%
Vitamin C 30mg	36%
Calcium 32mg	3%
Iron 1.9mg	11%

* Percent Daily Values are based on a 2000 calorie diet.

found on www.noshtastic.com