

Chicken Salad with Pineapple and Balsamic Vinaigrette

- Submitted by Charles Torres, Wellness Ambassador

INGREDIENTS

- 4 boneless skinless chicken breasts each 5 ounces (cooked)
- 1 tablespoon olive oil
- 1 can (8 ounces) of unsweetened pineapple chunks, drained, except for 2 tablespoons of the juice
- 2 cups broccoli florets
- 4 cups fresh baby spinach leaves
- ½ cup thinly sliced red onions
- ½ cup of corn (try to use fresh corn on the cob)
- ½ shredded carrots

VINAIGRETTE

- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon brown sugar
- ¼ teaspoon ground cinnamon

DIRECTIONS

1. Cut chicken into cubes. In a large nonstick frying pan heat the olive oil over medium heat. Add the chicken and cook until golden brown. Cool for 10 minutes.
2. In a large serving bowl combine the chicken, pineapple chunks, broccoli, spinach, red onions, corn, and shredded carrots.
3. Make the dressing: Whisk the olive oil, vinegar, brown sugar, and cinnamon and the 2 tablespoons of pineapple juice in a small bowl and pour over the salad
4. Toss everything together. Enjoy!