



## Grilled Chicken & Cantaloupe Salad

**Servings:** 4

**Preparation Time:** 15 minutes

**Cook Time:** 45 minutes

**Total Time:** 1 Hour

**Source:** Chef Jackie White, [preplikeachef.com](http://preplikeachef.com)

### Ingredients

- 4 **chicken breasts**, skinless & **boneless** (Powerful Protein Friendly Fat)
- 1/2 tsp. unrefined sea **salt**
- 1/2 tsp. **pepper** freshly ground
- 1 **jalapeño pepper**, seeded and finely chopped (Colorful Carb)
- 2 **limes**, juiced
- 2 T. **olive oil** or **avocado oil** (Friendly Fat)
- 1 **garlic clove**, minced (Colorful Carb)
- 2 tsp. **coconut aminos**, soy or **Tamari sauce**
- 1 **celery stalk**, chopped (Colorful Carb)
- 1 **cucumber**, seeded & sliced into half-moons (Colorful Carb)
- 1 **small cantaloupe**, peeled, seeded and cut into ½ inch cubes (Colorful Carb)
- 1/2-pint **grape** or **cherry tomatoes**, halved (Colorful Carb)
- 2 T. **fresh basil**, chopped
- 6 cups **mixed greens** or **romaine**, chopped (Colorful Carb)

### Directions

1. Wearing gloves, seed and chop jalapeno pepper.
2. In a medium bowl stir together ½ the lime juice, 1 teaspoon jalapeno pepper, garlic and coconut aminos. Sprinkle chicken breast with salt and pepper and add chicken to marinade. Let marinate for 30 minutes at room temperature or chill and marinate for a few hours (any longer and lime juice will start to 'cook' the meat).
3. Grill chicken 5 minutes on each side or until juices run clear and an instant read thermometer reads 165°. Rest meat for 5 minutes. Slice on the bias.
4. Combine remaining lime juice, olive oil, celery, cucumber, cantaloupe, tomatoes, basil and remaining jalapeno.
5. Divide lettuce or mixed greens amongst 4 plates. Top with ¼ cantaloupe mixture then fan out 1 chicken breast on each plate.

#### Prep Steps: 1-3 days ahead

- Chop jalapeno and celery.
- Juice limes.
- Seed and slice cucumber.
- Cube cantaloupe.
- Halve tomatoes.

#### Comments:

- This refreshing summer salad is loaded with phytonutrients - all those plant-based nutrients you want to get in at every meal.
- It is amazing during melon season so, don't forget to make it in July and August.
- Jalapenos heat varies; taste the chicken before adding the remaining jalapeno to the cantaloupe mixture.