

Healthy Chicken

Makes: 4 Servings

“I can eat chicken for breakfast, lunch, and supper, all by itself,” says Orin. “On St. Thomas you can meet chickens everywhere. We have about two dozen of them now around my house. Also, my grandma grows some fruit and vegetables. We kids are helping her to take care of it. My responsibility is to water them early in the morning and right before dusk. The lettuce and lime I used in my recipe is locally grown.”

Ingredients

- 1 lime, juiced
- 2 boneless skinless chicken breasts
- 1 **teaspoon** Cajun seasoning
- 2 green apples, peeled and minced
- 2 celery stalks, thinly sliced
- 1/2 Jerusalem artichoke, peeled and thinly sliced
- 2 **tablespoons** dried cranberries
- 2 **tablespoons** minced walnuts
- 1/2 **cup** minced red onion
- 1/3 **cup** mayonnaise
- 1/3 **cup** Dijon mustard
- Freshly ground black pepper
- 4 lettuce leaves

Directions

1. **Preheat the oven to 350°F.** In a medium bowl, combine the lime juice with the chicken and marinate in the refrigerator for 30 minutes. On a large nonstick baking sheet, bake the chicken for 15 minutes on each side. Remove from the oven and cut into 1/2--inch cubes.
2. **In a large salad bowl,** combine the chicken with the remaining ingredients and stir thoroughly to combine. Refrigerate before serving on top of the lettuce leaves.



Nutrition Information

Nutrients	Amount
Calories	335
Total Fat	13 g
Saturated Fat	2 g
Cholesterol	84 mg
Sodium	740 mg
Total Carbohydrate	20 g
Dietary Fiber	3 g
Total Sugars	13 g
Added Sugars included	4 g
Protein	33 g

Enjoy!
The 2016 Healthy Lunchtime Challenge Cookbook