



Pico de Gallo Grilled Chicken Salad

- 1 medium tomato, diced
- 1 small onion, diced
- 1 seeded jalapeno, finely chopped
- juice of 1 lemon
- 2 tsp. fresh cilantro, chopped
- 1/2 tsp. garlic, minced
- 1/8 tsp. black pepper
- 1 lb. boneless, skinless chicken breasts, cut into 1-inch cubes
- non-stick cooking spray
- 4 cups green leaf or red leaf lettuce, washed and chopped

Stir together tomato, onion, jalapeno, lemon juice, cilantro, garlic and pepper in a medium bowl.

Lightly spray a medium nonstick skillet with cooking spray and add chicken. Cook on medium-high heat for 10 minutes or until chicken is cooked through, stirring occasionally.

Divide lettuce onto 4 plates, top with chicken and tomato mixture. Makes 4 servings.

Nutrition information per serving: 154 calories, 25 grams protein, 3 grams fat, 4 grams carbohydrate, 148 mg sodium.