

# SOY LIME CHICKEN SALAD

**Time: 30 minutes**

**Serves: 4**

### Ingredients:

4 tablespoons extra-virgin olive oil  
1 pound boneless-skinless chicken breast  
½ teaspoon ground cumin  
½ teaspoon kosher salt  
¼ teaspoon fresh ground black pepper  
1 ½ tablespoons fresh lime juice  
1 tablespoon soy sauce  
⅛ teaspoon cayenne pepper  
1 head green leaf lettuce – washed and torn  
2 cups cherry tomatoes - quartered

### Preparation:

Preheat a heavy cast pan with one tablespoon of the olive oil on medium heat.

Sprinkle both sides of the chicken with the cumin, black pepper and ¼ teaspoon of the salt.

Place the chicken in the pan, cooking for six minutes on one side. Turn the breasts and cook for an additional six minutes or until the internal temperature reaches 165F. Remove from heat and cover for five minutes.

Make the dressing by whisking together the remaining three tablespoons of olive oil, ¼ teaspoon of salt, lime juice, soy sauce and cayenne.

Plate the lettuce and tomato, then slice the chicken breast. Place the chicken breast on top of the salad, drizzling both chicken and salad with the dressing. Serve immediately.

### Nutritional Information Per Serving:

Calories: 284  
Fat: 16g  
Carbs: 8g  
Fibre: 4g  
Protein: 29g