

Fast Cucumber Apple Salad



Ingredients:

- 4 (4-ounce) skinless, boneless chicken breasts, grilled, and cubed
- 1 cup red bell pepper, diced
- 1/4 cup green onion, chopped
- 8 cups baby spinach leaves, chopped
- 2 green apples, peeled and cut into thin strips
- 1/4 teaspoon cumin
- 6 tablespoons olive oil
- 6 tablespoons lime juice
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Instructions:

1. Spray a grill pan with cooking spray and grill chicken on medium heat until done. Allow to cool before cutting the chicken into small cubes.
2. Mix the lime juice, oil, salt, cumin and pepper.
3. In a large bowl add chopped spinach, apples, bell peppers, and toss well.
4. Add the chicken cubes to the salad mixture.
5. Pour the dressing over the salad and serve.

Make 8 servings.



Tarrant County Public Health
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