

Grilled Chicken Salad with Pineapple



PREP TIME : 2 MIN

COOK TIME : 10 MIN

SERVES : 4

Ingredients :

- ***1 cup (250 mL) VH® Honey Garlic Sauce plus remainder of bottle for grilling***
- ***1 1/2 lb (650 g) chicken breast, boneless, skinless cut into thick strips***
- ***7 oz (210 g) mixed greens***
- ***1/4 cup (60 mL) finely diced red onion***
- ***1 x 14 oz (398 mL) can of pineapple chunks, drained***
- ***PAM® Grilling Spray***
- ***favourite Asian-style dressing, i.e. sesame, mandarin etc.***

Directions :

- 1. Marinate chicken breast strips in 1 cup (250 mL) VH® Honey Garlic Sauce for 1 hour.***
- 2. Spray grill with PAM® Grilling Spray, heat grill and grill chicken over medium high heat until cooked through, about 7 minutes.***
- 3. In a large bowl place pineapple, red onion and greens. Just before serving toss with dressing, put salad onto individual plates and top with equal amounts of grilled chicken.***