

# Red Chile Adobo Grilled Chicken Salad (Gluten Free\*)



A light, fresh southwest salad with red chile adobo chicken.

Yield	12-1/2 oz. (1/12-1/2oz servings)
Serves	1
Preparation time	10 minutes
Cooking time	10 minutes

## Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1.5	oz	3	tbsp	Olive oil	
1/2	oz	1	tbsp	Lime juice, fresh	
1/2	oz	1	tbsp	<u>Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
1	tsp			Sugar	
1	tsp			Olive oil	
6	oz			Chicken breast fillet, without skin	boneless
4.5	oz	1/4	head	Lettuce	Romaine, cleaned, chopped
4	oz			Tomato	cored, seeded, chopped
1/2	oz	4 - 5	each	Red onion	rings
2	oz			Cotija Cheese	crumbled
2	tbsp			Cilantro	sprigs

## Preparation Steps

1. In a mixing bowl, whisk together the olive oil and lime juice. Season to taste and reserve.
2. Whisk the Red Chile Adobo Flavor Concentrate, sugar and oil together. Place the chicken on a hot grill, and baste chicken with adobo mixture. Grill until fully cooked to 165°F. Set aside to rest.
3. To assemble salad, toss the lettuce in the mixing bowl with the lime dressing. Place the lettuce in the center of the plate. Toss the tomato and onion in any leftover dressing remaining in the bowl. Top the lettuce with the tomato, onion and Cotija cheese.
4. Slice the chicken and place it on top of the salad. Garnish with cilantro sprigs.

## Chef's tip

\*When using Gluten Free ingredients, recipes, and proper back of house procedures.

## Nutrition

Nutritional analysis per serving	
Energy (Kcal)	895.6
Energy (KJ)	3804.5
Protein (g)	58.9
Carbohydrate, total (g)	19.1
Fats, total (g)	65.1
Sugars, total (g)	10.7
Fats, saturated (g)	94.6
Fiber, total dietary (g)	4.7
Sodium (mg)	1181.7
Calcium (mg)	549.7
Cholesterol (mg)	133.9



## Creative Food and Beverage Solutions

Iron (mg)	3.2
Vitamin A (µg_RAE)	838.2
Vitamin C (mg)	46.2

*The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.*