

FROM THE KITCHEN OF...



# CARIBBEAN JERK CHICKEN SALAD

## INGREDIENTS

### Dry Rub

- 2 Tablespoon onion powder
- 1 Tablespoon brown sugar
- 1 Tablespoon sea salt

- 1 Tablespoon ground dried thyme
- 1 1/2 teaspoon ground allspice
- 3/4 teaspoon cayenne pepper
- 3/4 teaspoon cinnamon
- 1/2 teaspoon ground nutmeg

### Wet rub

- 2 teaspoons soy sauce
- 2 cloves of garlic, minced
- 1 1/2 teaspoon liquid smoke

### Salad

- 3 chicken breasts
- 3 strips of applewood smoked bacon, diced
- 1/2 cup wet Caribbean Jerk Rub
- Recipe (make as directed above)
- 1 (16 oz) can of black beans, rinsed
- 8 oz baby jack cheese, shredded
- 3 cups romaine lettuce, torn
- 1 tomato, diced
- 1 cup sweet corn, cut from cob
- 2 Tablespoon of cheddar, chopped
- 1 avocado, sliced thinly
- Spry Ranch dressing, to taste
- Balsamic sauce, to taste

## INSTRUCTIONS

Mix dry ingredients and store in an airtight container. (This makes WAY more than you need for one serving, so you'll have the dry rub in your pantry ready for next time!)

To make the wet rub, combine 2 teaspoons of the dry ingredient mixture with the wet ingredients.

Prepare the wet rub in a bowl as directed. Coat chicken in wet rub.

Grill chicken until chicken is cooked through and juices run clear, about 4-5 minutes on each side. (Alternatively, cook chicken over medium-high heat with 1 Tablespoon oil.)

Meanwhile, cook diced bacon over medium high heat until crispy.

When chicken is cooked through, allow it to rest for five minutes.

Then slice it thinly.

Assemble salad, topping with dressing and just a hint of BBQ sauce.

SUNDA

FROM THE KITCHEN OF...



# MISSION VALLEY DRESSING & STRAWBERRY SPINACH SALAD

## INGREDIENTS

### Dressing

- 1/2 cup red wine vinegar
- 1 cup vegetable oil
- 3/4 cup sugar
- 3-4 cloves garlic
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon white pepper
- 1/4 teaspoon cayenne

### Salad

- Baby spinach
- Strawberries, quartered
- Feta cheese
- Walnuts

## INSTRUCTIONS

To make dressing: Blend vinegar and sugar.

Add additional dressing ingredients except for oil. Blend.

Add oil with blender still running.

Top spinach with strawberries, feta, and walnuts.

Dizzle with dressing.

SOUP & STEW | EGGS | TRY

LESS