



Pineapple chicken salad with balsamic vinaigrette

Recipe courtesy of the [Mayo Clinic](#)

Serves 8

Ingredients

4 boneless, skinless chicken breasts, each about 5 ounces
1 tablespoon olive oil
1 can (8 ounces) unsweetened pineapple chunks, drained except for 2 tablespoons juice
2 cups broccoli florets
4 cups fresh baby spinach leaves
1/2 cup thinly sliced red onions

For the vinaigrette

1/4 cup olive oil
2 tablespoons balsamic vinegar
2 teaspoons sugar
1/4 teaspoon ground cinnamon

Directions

Cut each chicken breast into cubes. In a large, nonstick frying pan, heat the olive oil over medium heat. Add the chicken and cook until golden brown, about 10 minutes.

In a large serving bowl, combine the cooked chicken, pineapple chunks, broccoli, spinach and onions.

To make the dressing, whisk together the olive oil, vinegar, reserved pineapple juice, sugar and cinnamon in a small bowl. Pour over the salad. Toss gently to coat evenly. Serve immediately.

Nutritional Analysis

(per serving)

Calories	187	Cholesterol	41 mg
Protein	17 g	Sodium	75 mg
Carbohydrate	8 g	Fiber	2 g
Total fat	9 g	Potassium	328 mg
Saturated fat	1 g	Calcium	33 mg

Diabetic Exchanges

Carbohydrates 2
Protein 2
Fat 1

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