



## **Pineapple Chicken Salad with Balsamic Vinaigrette**

**Serves 8**

Recipe courtesy of the [Mayo Clinic](#)

4 boneless, skinless chicken breasts, each about 5 ounces  
1 Tbsp olive oil  
1 can (8 ounces) unsweetened pineapple chunks, drained except for 2 Tbsp juice  
2 cups broccoli florets  
4 cups fresh baby spinach leaves  
½ cup thinly sliced red onions

### **Vinaigrette:**

¼ cup olive oil  
2 Tbsp balsamic vinegar  
2 tsp sugar  
¼ tsp ground cinnamon

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**

Calories	187
Fat	9g
Saturated Fat	1g
Cholesterol	41mg
Sodium	75mg
Carbohydrates	8g
Dietary Fiber	2g
Protein	17g
Potassium	328mg
Calcium	33mg

### **Diabetic Exchanges:**

Protein	2
Fat	1
Carbohydrates	2