



Papaya, Chicken and Pecan Salad

1 cup water
½ lb. boneless, skinless chicken breasts
4 cups torn romaine lettuce
1 medium papaya (1½ cups), halved, seeded, peeled and cubed
1 cup red pepper strips (about 1 large pepper)
2 scallions, sliced (about ¼ cup)
2 Tbsp. red wine vinegar
1 Tbsp. fresh lime juice
1 tsp. honey
1 garlic clove, minced (about ½ tsp.)
½ tsp. Dijon mustard
1½ Tbsp. olive oil
Salt and freshly ground black pepper, to taste
¼ cup pecan halves, toasted

Bring the water to a boil in a 10-inch nonstick skillet. Add the chicken breasts and return to a boil. Cover and reduce the heat to Low. Cook for about 15 minutes, or until the chicken is cooked through. Transfer the cooked chicken to a plate, cover and cool in the refrigerator.

Meanwhile, in a large salad bowl, combine the lettuce, papaya, red pepper and scallions. Set aside.

In a smaller bowl, whisk together the vinegar, lime juice, honey, garlic and mustard. Slowly add the oil and whisk until well-blended. Add the salt and pepper, to taste. Set aside.

Cube the cooled chicken into bite-sized pieces and combine with the dressing. Add the chicken and dressing to the salad greens and toss. Top with toasted pecans and serve.

Makes 4 servings.

Per Serving: 210 calories, 11 g total fat (1.5 g saturated fat), 13 g carbohydrates, 15 g protein, 4 g dietary fiber, 135 mg sodium.