

# Super salad with crunch



While visiting Disney World last year, Sally Bell of Bellefonte, Pennsylvania, dined at Pecos Bill Tall Tale Cafe; she says that the restaurant's jicama slaw was a highlight of the trip. We got the recipe so that Sally can relive her favorite food memory from the family's vacation.

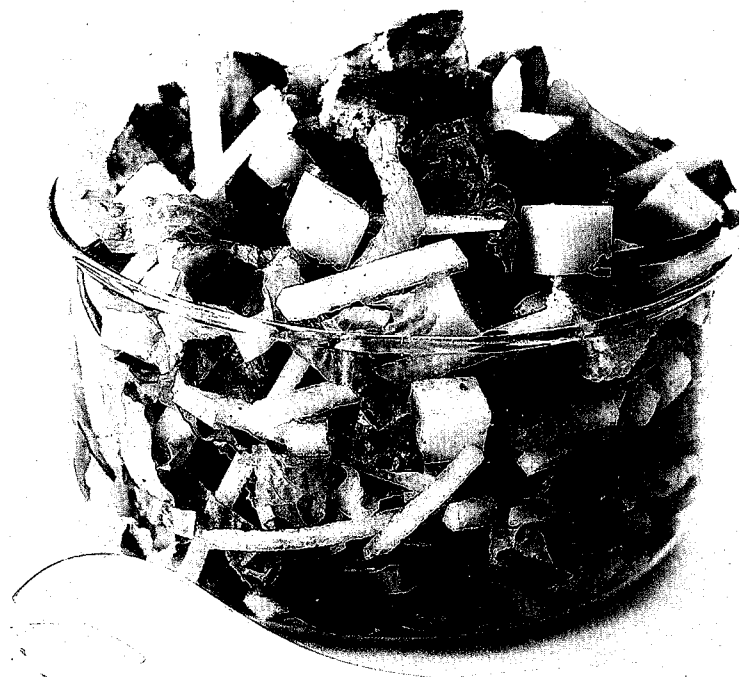
## jicama slaw with chicken

Prep about 40 minutes Grill about 12 minutes  
Makes 6 main-dish servings

- 1½ pounds skinless, boneless chicken-breast halves
- Salt
- ½ cup lime juice (from about 12 Key limes or 4 regular limes)
- ⅓ cup vegetable oil
- 3 tablespoons honey
- 1 small head romaine lettuce, thinly sliced (6 cups)
- ½ small red cabbage, cored and thinly sliced (4 cups)
- 1 jicama (1 pound), peeled and cut into matchstick-thin strips (4 cups)
- 2 medium carrots, shredded
- 2 medium tomatoes, chopped
- ½ small red onion, finely chopped
- 1 medium red pepper, chopped
- 4 ounces white Cheddar cheese, cut into ½-inch cubes (optional)

1. Heat ridged grill pan over medium heat until hot. Sprinkle chicken with ½ teaspoon salt. Grill chicken 12 minutes or until juices run clear when chicken is pierced with knife, turning over once. Transfer chicken to cutting board; cool slightly.
2. Prepare vinaigrette: In bowl, with wire whisk, mix lime juice, oil, honey, and 1 teaspoon salt.
3. Cut chicken into ½-inch pieces; place in large bowl with remaining ingredients and vinaigrette; toss to combine. Serve immediately.

>> Each serving: About 365 calories, 30 g protein, 29 g carbohydrate, 16 g total fat (2 g saturated), 8 g fiber, 72 mg cholesterol, 670 mg sodium.



## Space-saving measures

Chef'n has introduced new measuring tools that help reduce the clutter in your kitchen drawers. The cups in the SleekStor Collapsible Silicone Measuring Cup Set (\$19.99, below) flatten when not in use. The SleekStor Swivel Spoons (\$5.99) nest for storage and then rotate out for measuring. All the measurements on both sets are clearly marked. The tools come in vibrant shades like tangerine and huckleberry, which make them fun to use. At specialty stores; 866-642-4336 or [www.chefn.com](http://www.chefn.com). ■

