

PREPARATION: 20 MINUTES

COOKING: 15 MINUTES

4 SERVINGS



# PERUVIAN SOLTERITO SALAD

## INGREDIENTS

1 cup corn, frozen

340g boneless, skinless  
chicken breast

1 medium red pepper, diced

½ cup mozzarella cheese,  
diced

¼ cup red onion, sliced

1 tablespoon olive oil

2 teaspoons white wine  
vinegar

⅓ teaspoon black pepper

2 cups romaine lettuce, sliced

## PREPARATION

- 1 Place the corn in a bowl of water and let it defrost at room temperature.
- 2 Preheat the barbecue on high. Reduce the temperature and cook the chicken breast 7-8 minutes on each side, until the meat reaches an internal temperature of 165°F.
- 3 Take the chicken breasts off the grill and wrap them in aluminum foil to keep them warm.
- 4 In a salad bowl, combine the peppers, mozzarella cheese, red onion, oil and vinegar. Add the corn after draining the water. Season the salad with black pepper.
- 5 Cut the chicken breast into small cubes and add it to the salad.
- 6 Prepare a bed of romaine lettuce on each of the four plates and top with a quarter of the salad.

*Suggestion: The warm chicken in combination with the other cold ingredients gives a special taste to this salad. But, of course, you can also use cold leftover chicken.*

*Please note, the original recipe for Solterito calls for lima beans, which we replaced with chicken.*

### Nutrient Analysis

#### PER SERVING:

¼ of recipe

#### RENAL EXCHANGE:

3 Protein + 1 Vegetable

Calories **228Kcal**

Protein **24g**

Carbohydrates **13g**

Fibre **2g**

Total Fat **9g**

Saturated Fat **3g**

Cholesterol **73mg**

Sodium **133mg**

Potassium **532mg**

Phosphorus **282mg**