

Move Over Cheeseburger in Paradise – Presenting Island Grilled Chicken Paradise Rice Salad

Jimmy Buffet's in town and all you Parrot Heads are dreaming of Margaritaville and Cheeseburgers in Paradise. The following recipe is no "Cheeseburger in Paradise" – it's much better! It's colorful like the islands with island flavor and plenty of good protein and vitamins and antioxidants, and did I tell you that it is simply delish!

So, go ahead and eat a plain ol' cheeseburger in Paradise, but if you want a refreshing taste of the islands, this Island Rice Salad is truly your ticket to Paradise! What would Jimmy Buffet do? I'm betting on the salad....

Island Grilled Chicken Paradise Rice Salad

1 ½ Cup	Long Grain White Rice, uncooked
1 – 13.5 oz.	Can of Coconut Milk*, not sweetened type
	Enough water added to can of coconut milk to equal 3 ½ Cups Liquid
2	Grilled Chicken Breasts, cooled and then sliced into bite size pieces
¾ Cup	Black Beans, rinsed well and drained
1	Red Bell Pepper, cored and chopped
1/3 Cup	Green Onions, sliced or chopped
¼ Cup	Fresh Cilantro, chopped
1 Cup	Fresh Pineapple, cut into bite size pieces
1 Cup	Mandarin Orange Segments, cut in half
One	Recipe of the Island Salad Dressing below

Island Salad Dressing

6 Tab.	Lime Juice, freshly squeezed
Zest	of one Lime, chopped
2 Tabs.	Fresh Orange Juice (or if you want, Triple Sec or Cointreau)
1 Clove	Garlic, minced
½ Tsp.	Ground Cumin
½ Tsp.	Dried Red Pepper Flakes
½ Tsp.	Kosher Salt
4 Tab.	Canola Oil

Combine all salad dressing ingredients, mixing thoroughly.

First, make the rice:

Pour 1 ½ cups of uncooked white long grain rice in sauce pan. Pour Coconut milk into four cup measure and add water to reach 3 ½ cups of liquid. Pour liquid over the rice. Bring the rice to a boil. Then, reduce the temperature to medium low and cook, covered, for 20 minutes, stirring occasionally to keep from sticking. When rice is tender, remove from heat and allow to stand 5 minutes before fluffing with a fork. Let rice cool completely. (If you are in a hurry, you can stick the pan of rice in the refrigerator to cool down.)

NOTE ON THE COCONUT MILK: This is Coconut Milk used in cooking – I use the Goya brand, but Jungle Jim’s have many to choose from. Do not use the Sweetened condensed type coconut milk used for desserts and drinks like the Coco Lopez – that will not work. The coconut milk adds a tropical twist to this rice but very, very mild in flavor, so you can omit it and use only the 3 ½ cups of water if you wish. As they say in the islands, don’t worry – be happy.

While your rice is cooling:

Grill your chicken breasts and cool. You can use leftover grilled chicken breasts or you can use any type of fully cooked chicken, cut into bite size pieces. Set aside.

Chop the remaining ingredients and set aside.

Once the rice is cool:

Toss the rice with the Island Salad Dressing, fold in the remaining ingredients, ending with the pineapple and mandarin oranges. Serve immediately or refrigerate.

Great for picnics, cool summer supper, any time you are in the mood for a light, refreshing, colorful and nutritious dinner.

If you like, you can garnish with some toasted almond halves or additional cilantro or green onions.

***Take time this week to enjoy a taste of Paradise!
Jungle Jim’s Margie Potts***