

Grilled Chicken with Strawberry and Pineapple Salsa

Serves 4; 3 ounces chicken and 1/2 cup salsa per serving

Grilled pineapple and fresh mint and strawberries combine with tangy lemon and a bit of hot pepper flakes to make an interesting salsa for grilled chicken.

1 teaspoon canola or corn oil

Salsa

2 slices fresh pineapple, each 1/2 inch thick, patted dry

1 cup whole strawberries (about 5 ounces), diced

1/4 cup finely chopped red onion

3 to 4 tablespoons chopped fresh mint leaves

1 to 2 teaspoons sugar

1/8 teaspoon crushed red pepper flakes

1 medium lemon

Chicken

4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded

2 teaspoons salt-free steak seasoning blend

1/4 teaspoon salt

Preheat the grill on medium high. Brush a grill pan or grill rack with the oil. Heat the grill pan or rack on the grill for about 2 minutes, or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes, before chopping.

Meanwhile, in a medium bowl, stir together the remaining salsa ingredients except the lemon. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.

Sprinkle both sides of the chicken with the seasoning blend and salt. Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

NUTRITION ANALYSIS (per serving)

Calories	191	
Total Fat	3.0 g	
Saturated Fat		0.5 g
Trans Fat		0.0 g
Polyunsaturated Fat		0.5 g
Monounsaturated Fat		1.0 g
Cholesterol	66 mg	
Sodium	223 mg	
Carbohydrates	14 g	
Fiber		2 g
Sugars		10 g
Protein	27 g	

Dietary Exchanges: 1 fruit, 3 very lean meat

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