

Chicken

Chicken with Black Bean Salsa

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Taste of Home Light & Tasty - April/May 2007

Servings: 4

Preparation Time: 25 minutes

Start to Finish Time: 25 minutes

4 4-ounce boneless/ skinless chicken breasts halves

SALSA

1 can (15 oz) black beans, rinsed and drained

1 can (8 oz) unsweetened crushed pineapple, drained

1/2 small red onion, chopped

1 plum tomato, chopped

1 clove garlic, minced

2 tablespoons lime juice

1/4 teaspoon salt

1/4 teaspoon coarsely ground pepper

RUB

1 tablespoon brown sugar

1 teaspoon hot pepper sauce

1/2 teaspoon garlic powder

1/2 teaspoon salt

1/2 teaspoon coarsely ground pepper

To make the salsa: In a large bowl, combine the black beans, pineapple, red onion, tomato, garlic, lime juice, salt and pepper. Mix well. Refrigerate until serving.

To make the rub. In a bowl, combine the brown sugar, pepper sauce, garlic powder, salt and pepper. Mix well. Rub over both sides of the chicken.

If grilling the chicken, coat the grill rack with nonstick cooking spray before starting the grill. Grill the chicken, covered, over medium heat for 4 to 7 minutes on each side.

If broiling, place the chicken in a pan four inches from heat and broil for 4 to 7 minutes on each side or until juices run clear.

Serve with the salsa.

Per Serving (excluding unknown items): 190 Calories; 1g Fat (3.6% calories from fat); 11g Protein; 36g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 436mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.