

Grilled Chicken Thighs with Pineapple, Corn and Bell Pepper Relish

Cooking Light Magazine - August 2011

Servings: 4

cooking spray
1 teaspoon garlic powder
1 teaspoon ground cumin
3/4 teaspoon salt, divided
1/4 teaspoon freshly ground black pepper
8 skinless/ boneless chicken thighs, about 1 1/4 pounds
2 cups (1/2 whole) fresh pineapple, cubed
1/2 cup fresh corn kernels
1/3 cup red bell pepper, finely chopped
1/4 cup fresh basil, thinly sliced
3 tablespoons red onion, finely chopped
1 tablespoon cider vinegar
1 teaspoon sugar

Heat a grill pan over medium-high heat. Lightly coat with cooking spray.

In a small bowl, combine the garlic powder, cumin, 1/2 teaspoon of salt and pepper. Sprinkle over the chicken.

Add the chicken to the pan.

Cook 10 minutes on each side or until done.

In a medium bowl, combine the remaining salt, pineapple, corn, bell pepper, basil, onion, vinegar and sugar.

Serve the relish over the chicken.

Per Serving (excluding unknown items): 150 Calories; 1g Fat (7.1% calories from fat); 2g Protein; 37g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 404mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 Fruit; 0 Fat; 0 Other Carbohydrates.