

Chicken

Tropical Lime Chicken

Taste of Home April 2008

Servings: 4

Preparation Time: 20 minutes

Cook time: 10 minutes

SALSA

1/2 cup pineapple tidbits

1 medium kiwifruit, peeled and chopped

1/4 cup sweet red pepper, chopped

1 tablespoon lime juice

1 tablespoon white vinegar

1 tablespoon honey

1 teaspoon crushed red pepper flakes

CHICKEN

3 tablespoons lime juice

1 1/2 teaspoons lime juice

1 tablespoon canola oil

1 teaspoon grated lime peel

1/8 teaspoon salt

1/8 teaspoon pepper

4 boneless skinless chicken breast halves (4 oz ea)

1 cup uncooked couscous

In a small bowl, combine the salsa ingredients; cover and refrigerate until serving.

In a large resealable plastic bag, combine the lime juice, oil, lime peel, salt and pepper; add chicken. Seal bag and turn to coat; refrigerate for 2-4 hours.

Drain and discard marinade. Place chicken on a broiler pan coated with cooking spray. Broil 3 inches from the heat for 5-6 minutes on each side or until juices run clear.

Meanwhile, cook couscous according to package directions. Serve with chicken and salsa.

Per Serving (excluding unknown items): 54 Calories; 3g Fat (52.6% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 65mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.