
Chicken Breasts with Pineapple-Onion Salsa

The Windsor Family Cookbook

Windsor Vineyards - Windsor, CA

Servings: 6

6 boneless/ skinless chicken breast halves
2 pounds fresh pineapple, cut into 1/4 inch chunks
1 1/2 cups red bell pepper, chopped
1 1/4 cups onion, chopped
2 tablespoons curry powder
1/4 cup brown sugar, firmly packed
1/2 cup Chardonnay
1/2 cup fresh cilantro, chopped
salt (to taste)
pepper (to taste)

To make the salsa: Heat the red bell pepper and onion in a non-stick saucepan. Stir until crisp-tender, about 6 minutes. Add the curry powder and stir about 1 minute. Add the brown sugar and stir until dissolved.

Add the Chardonnay. Stir for 2 more minutes. Add the chopped pineapple and its juice. Cook until heated through, about 3 minutes. Transfer to a bowl. Cool completely. Season to taste with salt and pepper. Then mix the cilantro into the salsa. (The salsa can be prepared in advance. Cover and refrigerate for up to five days.)

Season the chicken breasts with salt and pepper. Grill.

Slice and serve with the pineapple-onion salsa and rice.

Chicken

Per Serving (excluding unknown items): 354 Calories; 14g Fat (37.2% calories from fat); 32g Protein; 22g Carbohydrate; 3g Dietary Fiber; 93mg Cholesterol; 111mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.