

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chili Pepper Chicken Breasts with Fresh Fruit Salsa

Originally from Penzeys One, vol 3, issue 2

Serves: 4

4 boneless/skinless chicken breasts
2 TB water
2 tsp chili powder
1 tsp dried oregano
1 tsp garlic powder
½ tsp black pepper
½ tsp powdered ginger
½ tsp cumin
½ tsp salt
2 TB lime juice (one lime)

1. Mix the water with all the seasonings except the salt. Let stand 2 minutes. Place the chicken in a bowl, and then sprinkle with the salt and lime juice. Rub both sides of the chicken with the chili paste, cover the bowl lightly with plastic wrap, refrigerate 1 hour for best flavor.
2. Heat grill to medium. Cook, covered, 8-10 minutes. Turn chicken twice for even cooking and color. Remove the chicken from the grill; let it rest a minute, then top with fruit salsa.

Fruit Salsa

3 TB white wine vinegar or raspberry vinegar
1 TB brown sugar
1 cup chopped mango, cantaloupe or peach
1 ripe kiwi, peeled and chopped
1 cup fresh pineapple, chopped (or an 8 oz. can crushed pineapple, drained)
½ cup strawberries, chopped, or 1 ripe papaya
¼ cup chopped green onions
1 TB fresh cilantro, chopped
1 tsp dried cumin
1 pinch salt

In a small bowl, combine vinegar and brown sugar, blend well. In a medium bowl, combine the fruit, green onion and cilantro, mix well. Add cumin and salt to the vinegar mixture, then pour over the fruit and mix gently. Cover and refrigerate until ready to serve. The salsa tastes best after an hour in the fridge, but don't make it too far ahead of time, as the fruit will get quite soft.