



# Grilled Chicken With Grilled Pineapple and Vegetable Salsa

Makes 4 servings

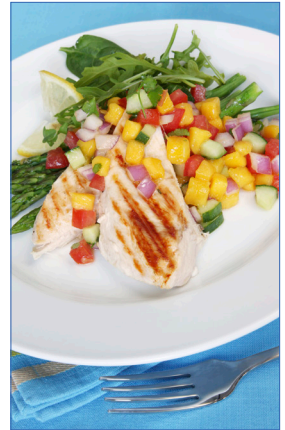
## *Ingredients*

### **Salsa**

- ½ whole cored pineapple
- ½ medium red bell pepper
- ½ medium green bell pepper
- ½ medium yellow onion
- 2 medium jalapenos (optional)
- 10-12 grape tomatoes
- 3 tablespoons chopped fresh cilantro
- 1 teaspoon grated lime zest
- 2 tablespoons fresh lime juice
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon salt

### **Chicken**

- 4, 4-ounce chicken breasts



## *Instructions*

Grill or roast vegetables until grill marks are apparent. Set aside and let cool. When cool, dice all vegetables and put in bowl. Add remaining ingredients, set aside.

Season chicken with salt and pepper and grill until done (internal temperature of 160 degrees). Serve on plate with ¼ cup of salsa and accompanying sides.

## Nutrition Facts

Serving Size: 4-oz chicken breast, ¼ cup salsa; Calories 165; Total Fat 4.5g; Saturated Fat 1.0g; Cholesterol 60mg; Sodium 372mg; Total Carbohydrates 3.0g; Dietary Fiber 1.0g; Protein 24.0g

Recipe adapted from Southern Food Service



BlueCross BlueShield of South Carolina and  
BlueChoice HealthPlan of South Carolina