

Chicken with Pineapple Salsa



PREPARATION TIME
20 minutes



COOKING TIME
10 minutes



PERFECT PARTNER
grilled corn



Make the most of supermarket canned goods sales and stock up. Most foods will keep for about 2 years in sound cans. Be sure to check canned goods carefully to avoid buying dented or damaged cans.

SHOPPING LIST

- chicken breasts
- crushed pineapple
- fresh parsley
- green onions
- jalapeño pepper
- bell pepper
- cilantro

ON HAND

- butter
- oil

INGREDIENTS

- 1/2 cup melted butter or margarine, divided
- 4 skinless, boneless chicken breasts (4 ounces each)

PINEAPPLE SALSA:

- 1 green or red bell pepper, finely chopped
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh parsley
- 3 green onions, finely chopped
- 2 tablespoons vegetable oil
- 1 tablespoon fresh lime juice
- 1 jalapeño pepper, finely chopped
- 1 large can crushed pineapple, drained, juice reserved

SERVES 4

COOK'IN
Express

- Save on dishes! Butter fresh corn-on-the-cob; wrap in foil, then just place on the grill alongside the chicken.

Make Ahead

Make a double-batch of pineapple salsa to add zest to any grilled meat. It will keep in the refrigerator for up to 3 days.

♦ VARIATION

When you're looking for less heat in your salsa, substitute 1/4 cup canned mild green chiles for the jalapeño pepper.

1 Preheat grill or broiler. For salsa, combine bell pepper, cilantro, parsley, green onions, oil, lime juice, jalapeño and pineapple in a medium bowl.



2 Add a small amount of pineapple juice to salsa. Refrigerate, covered, until serving time. Place 1/4 cup butter in a shallow dish; dip chicken in butter, turning to coat.

3 Grill or broil chicken, turning and basting with remaining butter, until juices run clear when meat is pierced with a knife, about 10 minutes.



4 Spoon salsa onto a serving platter in 4 small mounds. Press center of each mound with the back of a spoon, forming a "nest." Place chicken on nests.