

# Creole Chicken



PREPARATION TIME  
10 minutes



COOKING TIME  
15 minutes



PERFECT PARTNER  
yellow rice



Mango salsa is sold in specialty food shops and can be pricey. Look for frozen or jarred mango and add your own chopped bell peppers and lime juice. The flavor will be fresher and the cost will be lower.

## SHOPPING LIST

- chicken breasts • fruit salsa
- fresh cilantro

## ON HAND

- dried parsley • paprika • salt
- cayenne pepper • olive oil
- onion powder • pepper

## INGREDIENTS

- 2 tablespoons dried parsley
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 skinless, boneless chicken breasts (4 ounces each)
- 2 tablespoons olive oil
- 1 (8-ounce) jar mango or citrus salsa
- 2 tablespoons chopped fresh cilantro

SERVES **4**

## COOK'N *Express*

- Leftovers from this dish make a quick head start for a buffet chicken salad. Cube the chicken, then mix with mayonnaise, chopped celery and some chopped onion.

### Make Ahead

You can prepare this recipe through step 2 up to 4 hours ahead. Refrigerate in a plastic bag until ready to use.

**1** Combine parsley, onion powder, cayenne pepper, paprika, salt and pepper in a resealable plastic bag; shake to mix.



**2** Add chicken to bag and seal tightly. Toss until coated on all sides.

**3** Heat olive oil in a cast-iron skillet over medium-high heat; add chicken. Cook until juices run clear when meat is pierced with a knife, about 7 minutes per side.



**4** Arrange chicken on a serving platter. Top each chicken breast with salsa. Sprinkle with cilantro.

### VARIATION

*For an authentic Louisiana flavor, add 1/2 teaspoon crushed fennel seeds and 1/2 teaspoon dried thyme to the spice mix.*