



*Simple,  
Seasonal,  
Sustainable*

Recipe of the Week

## **Grilled Chicken with Strawberry and Pineapple Salsa**

### **Ingredients:**

- 1 tsp. canola or corn oil

### **Salsa**

- 2 slices pineapple, each 1/2 inch thick, patted dry
- 1 cup whole strawberries, diced
- 1/4 cup finely chopped red onion
- 3-4 Tbsp. chopped, fresh mint leaves
- 1-2 tsp. sugar
- 1/8 tsp. crushed red pepper flakes
- 1 medium lemon

### **Chicken**

- 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded
- 2 tsp. salt-free steak seasoning blend
- 1/4 tsp. salt

### **Directions:**

1. Preheat the grill on medium high. Brush a grill pan or grill rack with the oil. Heat the grill pan or rack on the grill for about 2 minutes, or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes, before chopping.
2. Meanwhile, in a medium bowl, stir together the remaining salsa ingredients except the lemon. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.
3. Sprinkle both sides of the chicken with the seasoning blend and salt. Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

Serves 4

*Nutrition: 320 calories, 10 g fat, 2 g saturated fat, 38 g carbohydrate, 9 g fiber, 21 g protein, 453 mg sodium*

*Source: American Heart Association*



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