

Grilled Chicken with Blueberry Basil Salsa

SERVINGS: 4

SERVING SIZE: 1/2 cup



Ingredients

1½ cup	Fresh Blueberries
¼ cup	Fresh Basil, chopped
¼ each	Fresh, Red Onion, chopped fine
¾ tsp	Extra Virgin Olive Oil
1½ tbsp	Lime Juice
1/4 tsp	Kosher Salt
¼ cup	Fresh Cilantro, Chopped
½ bunch	Fresh Green Scallions
1 each	Fresh Jalapeno
4 each	Boneless, Skinless, Chicken Breast
1 pinch	Cayenne Pepper, ground

Directions

1. Preheat grill to medium-high heat. Grill jalapeno until slightly charred, turning frequently. When done, pull off stem and remove skin. Roughly chop, then set aside for later use. Grill whole scallions until soft and charred, about 4 minutes, turning frequently. Remove from grill, let cool, then chop into small pieces and set aside.
2. Place 2/3 of the blueberries in a food processor. Pulse until coarsely chopped then transfer to a medium bowl.
3. Add grilled jalapeno, salt, lime juice, red onion, 1/3 of blueberries, cilantro, basil and oil. Toss to combine.
4. Sprinkle chicken breast with salt and cayenne pepper. Grill chicken for 4 minutes on each side, or until internal temperature reaches 165 °F for 15 seconds.
5. Plate chicken breast and top with blueberry salsa. Garnish with grilled scallions.

Nutritional per serving:

calories 200 kcal, **fat** 5 gm, **protein** 30 gm, **carbs** 10 g, **fiber** 2 g, **sodium** 300 mg