

Pan-Seared Chicken with Fresh Plum Salsa

A mixture of sweet and spicy made in just a short 30 minutes. Plums are a juicy fruit that are in-season during the summer months but can still be enjoyed year-round. Make the meal complete with a veggie of choice, like fresh green beans, and a whole grain!

Ingredients:

1 cup	Chopped ripe plums
1 small	Jalapeno pepper, seeded and diced
2 tbsp	Chopped fresh basil
¼ cup	Chopped red onion
1 tbsp	Lime juice
2 tbsp	Brown sugar (I use the Splenda brown sugar)
2 tsp	Cumin
4, 4 oz	Boneless, skinless chicken breast
2 tsp	Extra virgin olive oil

Directions:

1. Chop the plums, jalapenos, basil, and onion. Combine them in a small bowl, along with the lime juice. Cover and place in the fridge while preparing the chicken.
2. Mix together the brown sugar and cumin in a small bowl. Rub the mixture into each of the 4 chicken breasts.
3. Heat oil over medium heat in a skillet. Cook each chicken breast in the skillet for 3-5 minutes per side or until the center is fully cooked and reaches an internal temperature of 165 degrees.
4. Top each breast with the plum salsa and serve!

Servings: 4

Serving size: 4 oz chicken breast with about 1/3 cup salsa

Pan-Seared Chicken with Fresh Plum Salsa		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	817.8 kcal	41 %
Total Fat	22.7 g	35 %
Saturated Fat	3.4 g	17 %
Trans Fat	0 g	
Cholesterol	324 mg	108 %
Sodium	219.1 mg	9 %
Total Carbohydrate	50.9 g	17 %
Dietary Fiber	4.2 g	17 %
Sugars	43.4 g	
Protein	104.1 g	208 %
Vitamin A	7 %	Vitamin C 79 %
Calcium	9 %	Iron 27 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com		</>