

3 C's Chicken with Fruit & Corn Salsa

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 10 with rice or 5-25 with rice

Serves: 4

CChints: There are so many different herbs to cook with And we have used 3 of the more popular ones to make this 3 C's Chicken, cumin, cinnamon and chili powder.



1 teaspoon cumin

1/4 teaspoon cinnamon

1/2 teaspoon chili powder

1/4 teaspoon smoked paprika

1/2 teaspoon salt

Dash of black pepper

4 boneless, skinless chicken breasts

1 Tablespoon olive oil

1/3 cup chicken broth

Optional : Serve with 4 servings of cooked rice

Salsa:

1 cup frozen corn, thawed

2 nectarine or peach

1/2 cup red bell pepper, diced

1/4 cup sliced green onions, green parts only

1 teaspoon chopped cilantro

1 teaspoon extra-virgin olive oil

1 teaspoon red wine vinegar

Dash of salt

In a small bowl combine the cumin through pepper and stir well. Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. Put the pounded chicken back on the plate.

If you are serving with rice, cook it according to package directions which can take 5 to 30 minutes.

Heat the oil in a large nonstick skillet over medium heat. Sprinkle both sides with the seasonings and add the chicken in the pan. Cook for 5 minutes and do not move the chicken during this time so it can brown nicely. Start preparing the salsa while the chicken is cooking. Combine all the salsa ingredient in a bowl and set aside until the chicken is done.

Turn the chicken over and cook for 3-4 more minutes until the chicken is done. Turn off the heat and slowly add the chicken broth. Scrape the bottom of the pan to get the brown bits for about 2 minutes.

If serving with rice, put a serving on each plate. Top with the chicken with a scoop of the broth and a scoop of the salsa on top.

Enjoy.