

Chicken in Salsa Lime Sauce

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 30 minutes

Serves: 4

CChints: This recipe calls for 2 tablespoons of roasted peanuts. If you don't have them on hand, don't buy a big jar. In stead, they have .50 to .75 snack packages in the supermarket check out lanes and you will still have some left over to snack on. Limes can get hard and they won't release their juice. Simply cut them in half and microwave, cut side up, for 10 seconds to get the juices flowing. They should be much easier to squeeze.



2 – 3.8 ounce boxes of Whole Grain Chicken and Herb Classico rice by Rice a Roni®
4 – 6 ounce boneless, skinless chicken breasts
3/4 teaspoon salt and dash of pepper
1 tablespoon olive or canola oil
14 ounce can fat-free, low sodium chicken broth
3 tablespoons prepared salsa

1-1/2 teaspoons reduced fat, creamy peanut butter
1/4 cup lime juice (1 to 1-1/2 limes)
2 tablespoons peanuts, chopped
2 cups sliced zucchini
1/2 teaspoon Molly McButter®
Lime wedges to garnish

Prepare the rice according to package directions in water with oil. Since this takes approximately 25 minutes you need to start the rice first. While the rice is cooking your can start the prep work and prepare the chicken dish so they are both done at the same time.

Rinse the chicken and cut the breasts in half and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over the chicken. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. When you are done, sprinkle all with half of the salt and pepper on both sides.

Heat a large nonstick skillet over medium heat and add the oil. Lay the chicken in the skillet. Cook on each side for 6 minutes. Wash all the areas, including yourself, that touched the raw chicken. Take them out of the pan after the 10-12 minutes and transfer to a container keep warm.

In the same pan slowly add the broth and salsa. Bring to a boil, scraping the brown bits from the pan. Cook this mixture for 5 minutes. During this time, squeeze the limes and prepare the last few ingredients.

Put the slices of zucchini in a microwave safe dish and sprinkle with Molly McButter. Cover and microwave on high for 2 minutes or until desire texture is reached, making sure to leave an opening in the dish for the steam to be released.

Remove the pan of sauce from the heat and stir in the peanut butter and lime juice. Blend well.

Serve by putting about 1/2 cup of rice on each plate. Add 1 -2 pieces of chicken and some zucchini to each plate. Spoon the sauce over the rice and chicken. Sprinkle each piece of chicken with 1 teaspoon chopped peanuts. Garnish with lime wedges.

Caroleicious!