



Spicy Grilled Chicken

Yield: 4 servings

Serving size: 4 ounces chicken

Ingredients:

2 whole skinless boneless chicken breasts (about 1 pound)

½ cup bottled salsa

Cooking spray



Directions:

1. About 15 minutes before cooking, measure the salsa into a large bowl.
2. Rinse and pat dry chicken pieces. Remove any remaining skin and fat. Place in the large bowl and turn with tongs to coat completely. Place bowl in refrigerator until ready to cook chicken.
3. Place on hot grill or broiler pan. Grill or broil about 5 minutes on each side depending on thickness.
4. Serve immediately or refrigerate to use in salads or sandwiches.

Nutrition Facts: Calories, 192; Calories from Fat, 36; Total Fat, 4 g; Cholesterol, 96 mg; Sodium, 153 mg; Carbohydrate, 1 g; Dietary Fiber, 0 g; Protein, 35 g

Source: University of Illinois Extension



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