

## 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 Chicken Breast w/ salsa		
Amount Per Serving	% Daily Value*	
Calories	194.5 kcal	10 %
<b>Total Fat</b>	3.9 g	6 %
Saturated Fat	0.3 g	2 %
Trans Fat	0 g	
<b>Cholesterol</b>	75 mg	25 %
<b>Sodium</b>	312.8 mg	13 %
<b>Total Carbohydrate</b>	14.2 g	5 %
Dietary Fiber	1.1 g	4 %
Sugars	11.6 g	
<b>Protein</b>	25 g	50 %
Vitamin A	6 %	Vitamin C 22 %
Calcium	2 %	Iron 7 %
* 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 <a href="http://cronometer.com">cronometer.com</a> </>		