



### **Grilled Chicken with Strawberry-Peach Salsa**

Serves 4, Prep time 22 minutes, cook time 6 to 8 minutes

- 1 large lemon
- 3 tsps honey
- 2tsp minced garlic
- 3 tsp extra virgin olive oil, divided
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper
- 4 (4 ounce) skinless, boneless chicken breasts, about 1 pound
- 2 cups diced strawberries
- 2 ripe medium peaches, peeled and diced
- 1/4 cup minced red onion
- 1/2 cup diced red bell pepper
- 2 tsp minced jalapeno chili pepper.

Add chicken, coat both sides with marinade, and let sit. In a medium bowl combine strawberries, peaches, onion, bell pepper, jalapeno, lemon zest, and remaining lemon juice, honey, and oil. Remove the chicken from marinade (discard marinade). If using a grill place chicken on a lightly oiled grill rack. If using a broiler, set chicken on a non-stick broiler pan and place rack 4 inches from heat. Cook 2-3 minutes per side until cooked through. Divide chicken and salsa among 4 plates and serve.

Nutrition: 4 ounces chicken, 3/4 cup salsa: 228 calories, 5g fat, 1 g sat fat, 18 carbs, 28g protein, 3 g fiber, 35 mg calcium, 1 mg iron, 366 mg sodium

Source: *Shape*, July 2007, Volume 26 number 11