

Sauteed Chicken With Spicy Strawberry Salsa

Makes 4 servings.

Per serving: 353 calories, 23g carbohydrates, 41g protein, 9g fat (3g saturated fat), 106mg cholesterol, 2g fiber, 119mg sodium. Calories from fat: 23%.

Ingredients

- 1 cup white rice
- 1 pint strawberries, hulled and quartered (about 2 cups)
- 1/4 cantaloupe, rind and seeds removed, diced (about 1 cup)
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh curly parsley
- 1/4 teaspoon ground chipotle pepper, or to taste
- 1 tablespoon canola oil
- 1 tablespoon butter
- 4 boneless, skinless chicken breast halves, seasoned with salt and pepper to taste

Directions

1. Make rice according to package directions.
2. Meanwhile, in large bowl, stir together strawberries, cantaloupe, vinegar, parsley and chipotle pepper; set aside.
3. In large non-stick skillet, heat oil and butter over medium heat until butter starts to foam. Add chicken and saute until done and juices run clear.
4. To serve, divide rice between four plates. Top each with a chicken breast half and a quarter of the salsa. Serve immediately.