

## Spiced Grilled Chicken Breast with Corn-Pepper Relish

- 1 teaspoon chili powder
  - 1/2 teaspoon salt (optional)
  - 1/2 teaspoon ground cumin
  - 1/4 teaspoon paprika
  - 1/8 teaspoon ground red pepper
  - 1/8 teaspoon black pepper
  - 8 (3 ounce) skinless, boneless chicken breast halves
  - 2 cups frozen whole-kernel corn, thawed
  - 1 cup diced red bell pepper
  - 3 Tablespoons chopped onion
  - 2 Tablespoons minced fresh parsley
  - 2 Tablespoons fresh lime juice
  - Dash of black pepper
1. Combine first 6 ingredients in a small bowl. Rub spice mixture over both sides of chicken breasts.
  2. Place chicken on grill; cook 5 minutes on each side or until done.
  3. While chicken cooks, combine corn and remaining ingredients in a bowl. Serve with chicken.

Yield: 8 servings (serving size: 3 ounce chicken breast and ¼ cup of relish)

Per Serving: CALORIES 150; FAT 4g; CARB 10.8g; FIBER 1.65g;  
CHOL 54mg; SODIUM 199mg (if salt added)

Recipe adapted from *Cooking Light* May 2005

You will really enjoy this recipe. It is simple and quick. If you don't have access to a grill you can easily bake the chicken. You can opt out of adding the salt since the flavor is intense enough from the spices. Make sure you use fresh parsley; it adds a fresh clean feel to the dish.

**Your Partners in Health,  
Candace and Laura**