

Spicy Grilled Chicken

Serves 4

Ingredients

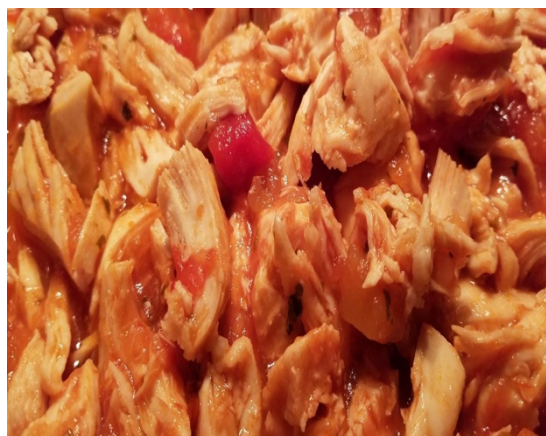
- 1 lb. whole skinless chicken breasts (4 halves)
- ½ c. bottled salsa - mild or medium

Equipment

Large mixing bowl
Measuring cups
Tongs
Grill or broiler and grilling tools (or baking dish and cooking spray)

Directions

1. About 15 minutes before cooking, measure the salsa into a large bowl.
2. Remove any skin and fat from chicken. Add the salsa and turn with tongs to coat completely. Place bowl in refrigerator until ready to cook chicken.
3. Wash tongs and all surfaces that have touched the chicken with hot, soapy water. Wash hands thoroughly with soap and water for at least 20 seconds.
4. Lift the chicken pieces from bowl and place on hot grill or broiler pan. Grill or broil about 5 minutes on each side or until the chicken reaches the safe internal temperature (165°F) recommended by USDA.
Chicken can also be baked. Coat baking dish lightly with cooking spray. Place chicken in baking dish and pour salsa over chicken. Cover tightly and bake at 400°F for 20 minutes. Test for doneness, as in grilling directions.
5. Wash tongs, bowl, and hands with hot soapy water before touching any other foods. Discard remaining salsa or heat to boiling before using as a sauce. Boiling the marinade will kill bacteria; uncooked marinade can be the source of foodborne illness.
6. Serve immediately or refrigerate to use in salads or sandwiches.



Nutrition Facts	
4 servings per container	
Serving size	1 piece (140g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 280mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 379mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

