



PEANUT-CRUSTED CHICKEN WITH PINEAPPLE SALSA

Stabilization (Week 3) & Maintenance

Ingredients

1 cup chopped fresh pineapple
2 TBS chopped fresh cilantro
1 TBS finely chopped red onion
1/3 cup unsalted, dry-roasted peanuts
1 (1-ounce) slice white bread
1/2 TSP salt
1/8 TSP black pepper
4 (4-ounce) chicken cutlets
1 1/2 TSP canola oil
Cooking spray
Cilantro sprigs (optional)

Instructions

1. Combine first 3 ingredients in a small bowl, tossing well.
2. Combine peanuts and bread in a food processor; process until finely chopped. Sprinkle salt and pepper evenly over chicken. Dredge chicken in the breadcrumb mixture.
3. Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken to pan; cook 2 minutes on each side or until done. Serve chicken with pineapple mixture. Garnish with cilantro sprigs, if desired.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 cutlet + 1/4 cup salsa = 1 P, 1 FT, 1/4 FR