



<b>Brick</b>	<b>Marlboro</b>	<b>Oakhurst</b>	<b>Brooklyn</b>	<b>Cedarhurst</b>
<b>732.903.7700</b>	<b>732.536.2027</b>	<b>732.663.0222</b>	<b>718.998.8898</b>	<b>516.569.6400</b>

<b>Grilled Chicken Breast with Cucumber and Pepper Relish*</b> <b>Basic Lifestyle</b>
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**Ingredients:**

- 1 cucumber - peeled, seeded and chopped
- 1 TBS chopped fresh parsley
- 1/8 cup chopped red onion
- 1/2 cup chopped yellow bell pepper
- 1/4 TSP crushed red pepper flakes
- 1/2 TSP ground cumin
- 1/8 TSP chili powder
- 2 TBS olive oil
- 4 skinless, boneless chicken breasts

**Instructions**

1. In a medium bowl, prepare the relish by mixing together the cucumber, parsley, chopped onion, bell pepper, and red pepper flakes. Set aside.
2. In a small bowl, mix the cumin and chili powder with the olive oil. Rub the mixture onto the chicken, and place in a shallow dish. Marinate in the refrigerator at least 1 hour.
3. Prepare the grill for medium heat.
4. Lightly oil the grill grate. Grill chicken 8 minutes per side, or until juices run clear. Serve with cucumber relish.

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

Serving = 1 chicken breast + 1/4 of the relish = 1 P, 1/2 V

[\\*www.allrecipes.com](http://www.allrecipes.com)