

Sautéed Chicken Breasts with Plum Salsa

4 red or purple plums pitted and chopped
1/4 cup finely chopped red onion
1/4 cup seeded and finely chopped yellow bell pepper
1 jalapeno pepper, seeded and finely chopped
2 TBS finely chopped fresh cilantro
1 tsp. sunflower oil
1 tsp rice vinegar
1/4 tsp salt
1/4 tsp freshly ground pepper
4 (1/4 lb.) skinless boneless chicken breast halves, trimmed of all visible fat

To make the salsa, combine the plums, onion, bell pepper, jalapeno, cilantro, oil, vinegar, 1/8 tsp of salt, and 1/8 tsp of pepper in a medium bowl and set aside. Sprinkle the chicken with the remaining 1/8 tsp salt and 1/8 tsp pepper. Spray a large nonstick skillet with canola oil nonstick spray and set over medium heat. Add the chicken and cook, turning once, until cooked through, 10-12 minutes. Serve with the plum salsa.

Serving is 1 piece chicken with 2/3 cup salsa at 4-Points each or all core!

6 points plus per serving