

GRILLED CHICKEN, CORN, BLACK BEAN SALSA

Serving size: 5 oz chicken breast, ½ cup salsa **Makes 10 servings**

- 3 ½ lb Chicken Breast, boneless, skinless
- 2 tsp Canola Oil
- 1 tsp Salt
- 1 ½ tsp Black Pepper
- 1 ¼ cup Corn Kernels, fresh
- 1 ½ tsp Canola Oil
- 4 cups Black Beans, cooked
- 1/3 cup Red Onions, diced
- 1 TBSP Garlic, chopped
- ½ cup Plum Tomatoes, diced
- ½ cup Green Bell Peppers, diced
- ¼ cup Poblano Pepper, diced
- 1 ½ tsp Cumin, ground
- 1 tsp Chili Powder
- ½ tsp Salt
- ¼ tsp Black Pepper
- 2 TBSP Cilantro, chopped
- 1 ½ tsp Canola Oil
- 2 TBSP Lime Juice

Preparation:

Chicken

1. Cut chicken into 5-ounce portions.
2. Toss the chicken breast with 2 teaspoons of canola oil. Season with salt and pepper.
3. Preheat a grill or grill pan to medium-high heat. Place the chicken on the grill and cook until grill marks form, about 3-4 minutes per side.
4. Cook until chicken reaches an internal temperature of 165°F.

Corn, Black Bean Salsa

1. Preheat oven to 350°F.
2. Toss corn lightly with 1 ½ tsp canola oil and spread in an even layer on a baking sheet. Roast until tender and golden brown.
3. Remove from oven and let cool completely.
4. In a large bowl, combine beans, corn, red onion, garlic, tomatoes, green peppers, poblano chili peppers, cumin, chili powder, salt, pepper, cilantro, 1 ½ tsp canola oil, and lime juice.
5. Toss to combine.

Serve Corn, Black Bean Salsa over cooked chicken.



NUTRITION FACTS

PER SERVING

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| calories | 310 |
| total fat (g) | 7 |
| saturated fat (g) | 1 |
| sodium (mg) | 340 |
| total carbohydrate (g) | 22 |
| dietary fiber (g) | 7 |
| added sugar (g) | 0 |
| protein (g) | 39 |