

Grilled Chicken with Fresh Peach Salsa

Grilled Chicken with Fresh Peach Salsa – pair with a Southwest style Chopped Salad and you have a perfect summer dinner.



You start with:



*1 pound of Chicken breast tenders
serrano and jalepeno pepper (1/2 teaspoon of each diced)
White onion (1/2 cup chopped)
1 fresh peach
1 T fresh cilantro
1/2 Lime
1/4 avocado
Salt and lemon pepper*

Cut the peach off of the pit in segments, skin on.



Then cut the segments into small (1/4 to 1/2 inch) chunks and put into a mixing bowl.



Chop the onion and add to the bowl.



If you cut the onion from the top side (not where the roots are), it stays together while you cut it. The root end holds all the segments in place making it easier to get an even cut.

Next, dice the peppers and add to the bowl.



Cut the avocado into chunks and add to the mix.



Squeeze in the juice of 1/2 lime and add the cilantro, making sure to remove the stems.



Add salt and pepper to taste and gently mix.



Chill for an hour (gives the flavors a chance to meld).

In the mean time, season the chicken on both sides with salt

and lemon pepper.



Place on a hot grill and cook on med-high for about 3-5 minutes on each side. They will be lightly browned on the outside and totally cooked through. Make sure there is no pink left inside, but don't cook so long as to dry them out.



*Put two tenders and about 2 tablespoons of salsa on the plate-
add a salad and enjoy!*

Serves 4-5