



# GRILLED CHICKEN WITH FRUIT SALSA

## Ingredients

t = teaspoon and T = Tablespoon

### Fruit Salsa:

slice 1 ½ inches thick, leave rind on:

2 pieces watermelon, and

2 pieces honeydew melon,

1 pineapple, peeled & cored, thick lengthwise slice

1 ripe mango, peeled, sliced into 1-inch thick pieces

2 kiwi fruit, peeled, cut in ½

1 poblano pepper

3 T Canola oil

3 T chopped cilantro leaves

1/8 cup local honey or maple syrup

6 chicken breasts

1 lime, zested and juiced

2 T lemon juice

1/8 t each of:

ground cinnamon

cayenne pepper

fine sea salt

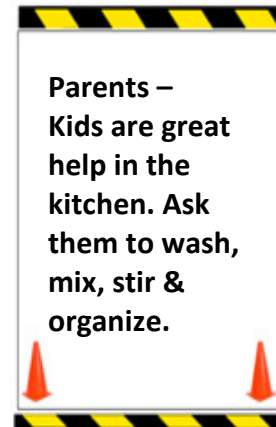
## Directions

1. Preheat grill to medium-high heat. Rub each piece lightly with canola oil.
2. Rub grates of the grill with a canola oiled paper towel. Place poblano pepper on grill and grill until blackened. Remove from grill and place in a paper or re-sealable plastic bag to rest. When pepper is cool enough to handle, peel off blackened skin. Remove the stem and scoop out the seeds. Chop only half of the pepper and place in a large bowl. Reserve the other half for making another salsa or stuffed pepper recipe of your choice.
3. Arrange fruit on grill, let cook 2 to 3 minutes, turn over, cook for an additional 2 to 3 minutes.
4. Remove from grill to a cutting board to let cool. When fruit is cool, chop into ¼ or ½-inch pieces. Add to the bowl with chopped poblano pepper.
5. Use a small mixing bowl, combine the cilantro, lime zest, lime juice, agave syrup, lemon juice, cayenne, cinnamon and salt. Mix well and pour over the grilled fruit. Gently stir to combine, cover and refrigerate for 30 minutes. Serve on top of grilled chicken, fish, lamb or pork chops.
6. Chicken: Preheat grill to medium-high. Rub the grill with a canola oiled paper towel. Salt and pepper both sides of chicken. Place chicken on grill, cook for 4 minutes, turn over and cook for 4 minutes more. Remove from heat to a cutting board, cover and let rest for 2 minutes. For kids cut into bite sized slices and top with fruit salsa.

Serve immediately



## Officer Andy's Safety Corner



Preparation Time: 10 minutes