

Grilled Chile Chicken Breasts with Lime Crema

Adapted a little from a Phillis Carey class, 2005



Grilled Chile Chicken with Strawberry Salsa and Lime Crema

Servings: 6

1. **CHICKEN:** Trim and pound breast to an even 1/2 inch thickness.
2. In a ziploc plastic bag add chile, garlic, chili powder, vinegar, olive oil and S&P. Add chicken, turning to coat. Cover and refrigerate at least 2 hours and up to 4 hours. Remove from marinade and pat dry with paper towels. Rub an oil-soaked paper towel over the grill. Grill chicken 3-4 minutes per side to cook through. Chicken breasts are done when they've reached about 150°F.
3. **CREMA:** Stir lime zest and juice into crema. Refrigerate a few hours, or up to 4 hours.
4. **SALSA:** Place strawberries, mint and sugar in a bowl. Cover and refrigerate for at least an hour. Add chile, onion and vinegar; toss together lightly. Season with salt and pepper. Let salsa rest at room temp for at least 20 minutes before serving. Spoon over chicken and top with lime crema.

Note: Serve with black beans or cilantro rice.



CHICKEN:

- 6 boneless skinless chicken breast halves
- 2 whole serrano chile, minced (or jalapeno)
- 1 clove garlic
- 1 teaspoon chili powder
- 3 tablespoons raspberry vinegar, or sherry vinegar
- 6 tablespoons olive oil

LIME CREMA:

- 1 cup Mexican crema, "Cacique" brand (green lid) or sour cream
- 1 teaspoon lime zest
- 1 tablespoon lime juice

STRAWBERRY SALSA:

- 3 cups fresh strawberries, diced
- 3 tablespoons fresh mint, minced
- 3 tablespoons sugar
- 1 serrano chile, or jalapeno
- 1/2 cup red onion, minced
- 3 tablespoons strawberry balsamic vinegar, or other fruit balsamic
- Salt and freshly ground black pepper to taste

Per Serving (excluding unknown items): 390 Calories; 23g Fat (53.8% calories from fat); 29g Protein; 16g Carbohydrate; 2g Dietary Fiber; 85mg Cholesterol; 104mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 4 1/2 Fat; 1/2 Other Carbohydrates.

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