

Salsa Verde Chicken with Grilled Onion and Cotija Cheese Relish

Cooking class with Phillis Carey, July, 2019



12 ounces salsa verde, Trader Joe's, jarred, divided use

3 tablespoons avocado oil

2 tablespoons fresh lime juice

2 cloves garlic, minced

1/2 teaspoon chili powder

1/2 teaspoon ground cumin

4 boneless skinless chicken breast halves

Salt and pepper to taste

2 whole red onions, cut in thick slices

2 whole limes, halved (for grilling)

1 tablespoon fresh oregano, chopped

1/2 cup Cotija cheese, crumbled (or use Romano, or Parmesan)

Per Serving (excluding unknown items): 298 Calories; 12g Fat (36.9% calories from fat); 29g Protein; 18g Carbohydrate; 2g Dietary Fiber; 69mg Cholesterol; 367mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 2 1/2 Vegetable; 1/2 Fruit; 2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. Remove 1 cup of salsa from the jar and set aside. Combine remaining salsa, 2 T. oil, lime juice, garlic chili powder and cumin.
2. Trim chicken and pound to an even thickness or about 1/2". You'll probably want to cut the chicken breast into 2 or even 3 pieces. Place chicken in non-reactive dish, season with salt and pepper to taste then pour the salsa mixture on top of the chicken, turning to coat the pieces well. Let stand at room temp for no more than 30 minutes, or cover and refrigerate for up to 2 hours (no longer or the chicken will begin to "cook" in the acidic salsa).
3. Preheat grill. Brush sliced onions with oil and grill until soft and brown. Remove to a cutting board and stir in the 1/2 cup reserved salsa and the fresh oregano; set aside to cool and then toss in the Cotija cheese. Grill lime halves until browned to a medium color on the cut sides.
4. Remove chicken from marinade and grill about 4 minutes on the prettier side. Do NOT overcook. Turn over and spoon about 2 T. salsa on each chicken breast. Close lid and grill about 4 more minutes or until chicken is cooked through. Serve chicken topped with onion cheese relish and with a grilled lime half to be squeezed over the chicken.