

Chicken with Citrus Salsa

TIME: 19 minutes; SERVINGS: 4

4 boneless, skinless chicken breast halves (about 6 oz each)

1 ruby red grapefruit

1 c cubed avocado (about 1 med)

4 radishes, thinly sliced

1/4 c chopped fresh basil leaves

1/8 tsp salt

4 leaves red or green leaf lettuce (optional)

Preparation

1. PLACE chicken in large saucepan with 4 cups salted water, and bring to a boil over high heat. Turn off heat, cover, and let stand 15 minutes or until a thermometer inserted into thickest portion registers 160°F.



2. REMOVE peel and pith from grapefruit with knife while chicken cooks. Working over a bowl to catch juice, free each segment from its membrane and cut segments into bite-size pieces, dropping them into bowl. Add avocado, radishes, basil, and salt. Toss gently to mix.

3. DRAIN chicken (discard liquid) and cut crosswise into 1/2 " slices. Divide grapefruit mixture into 4 portions and add a quarter of the chicken to each, drizzling chicken with grapefruit juice. Serve over lettuce leaves (if using) and garnish with additional basil leaves, if desired.

Nutritional Info Per Serving

269 cal, 41 g pro, 9 g carb, 3 g fiber, 7.5 g fat, 1.5 g sat fat, 99 mg chol, 18 8 mg sodium