Spice-Crusted Chicken with Fruit Salsa

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 6 servings | Serving Size: 4 ounces chicken with ½ cup fruit salsa

Ingredients

2 tablespoons ground coriander

2 tablespoons ground cumin

1 tablespoon ground black pepper

¾ teaspoon salt

1½ pounds (24 ounces) boneless skinless chicken breasts (about 6 breasts, 4 ounces each)

2 tablespoons canola or avocado oil

3 cups fruit salsa, divided (store-bought or homemade)

Directions

1. Heat a large nonstick skillet over medium heat. Do not add any oil or cooking spray.
2. Add the coriander, cumin, and black pepper. Toast the spices, stirring constantly, until fragrant, about 30-45 seconds.
3. Transfer the toasted spices to a plate or shallow dish such as a pie plate. Stir in the salt and set aside.
4. Pat the chicken breasts dry with paper towels.
5. Place the now-empty skillet over medium-high heat.
6. Working with one chicken breast at a time, set the chicken breasts in the spice mixture on one side and then flip to the other side, until both sides of each chicken breast are coated with the spice mixture.
7. Add the oil to the hot pan and heat until shimmering.
8. Place the chicken breasts in the pan and cook until the internal temperature reaches 165°F, about 4-5 minutes per side.
9. Top each chicken breast with ½ cup of the salsa.
10. Serve warm.

Nutrition Facts Per Serving: Calories: 390 | Total Fat: 14 g | Saturated Fat: 3 g
Sodium: 550 mg | Total Carbohydrate: 34 g | Dietary Fiber: 8.5 g | Protein: 33 g

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