

Chicken

Green Mountain Gringo Salsa Caribbean Chicken

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Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 1 hour

1 jar (16 oz) Medium Green Mountain Gringo Salsa
1 cup fresh pineapple, diced medium
1 cup scallions, angle cut
1/2 teaspoon fresh lemon juice
1/2 teaspoon fresh lime juice
1/2 teaspoon Kosher salt
1/4 teaspoon Texas Pete original hot sauce
4 six-ounce boneless/ skinless chicken breasts
2 tablespoons dry caribbean jerk seasoning

Preheat the oven to 375 degrees.

Reserve 1/4 cup of the pineapple and 1/2 cup of the scallions for further use.

In a medium bowl, mix the salsa, remaining pineapple, remaining scallions, lemon juice, lime juice, salt and hot sauce.

Dust the chicken breasts with the caribbean seasoning and salt, if desired.

Place the chicken in an oven-safe pan or baking dish.

Spoon the salsa mixture over the chicken. Cover the pan with foil or an oven-safe lid.

Bake for 30 to 40 minutes or until the chicken is no longer pink in the center.

Garnish with the reserved pineapple and scallions.

Per Serving (excluding unknown items): 27 Calories; trace Fat (5.8% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 239mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit.