

Chicken, Grilled

Pineapple-Mango Chicken

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Servings: 4

1 1/2 cups crushed pineapple
1/2 cup golden raisins
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1/8 teaspoon ground nutmeg
2 medium mangoes, peeled and chopped
4 (five ounce each) boneless/ skinless chicken breast halves
1/2 teaspoon salt
1/8 teaspoon pepper
hot cooked rice

Preheat the grill.

In a saucepan, combine the pineapple, raisins, cinnamon, cloves and nutmeg. Bring to a boil over medium heat.

Reduce heat and simmer for 5 minutes, stirring occasionally. Stir in the mangoes. Heat through and set aside.

Sprinkle the chicken with salt and pepper.

Grill, covered, over medium heat for 5 to 8 minutes on each side or until a thermometer reads 170 degrees.

Serve with the sauce and hot cooked rice.

Per Serving (excluding unknown items): 120 Calories; trace Fat (1.6% calories from fat); 1g Protein; 31g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 270mg Sodium. Exchanges: 0 Grain(Starch); 2 Fruit; 0 Fat.