

# Southwestern Nectarine Salsa & Stovetop Chicken



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## Southwestern Nectarine Salsa

- 6 Roma tomatoes
  - 1/2 cup corn kernels (about 1 cob)
  - 1/2 cup black beans, drained and rinsed
  - 2 nectarines or peaches, chopped to 1/2 inch cubes
  - 4 jalapeno peppers
  - 1/2 white onion
  - 1/3 cup fresh cilantro
  - 3 cloves of garlic
  - 2 teaspoons ground cumin
  - 1 teaspoon sea salt
  - 2 tablespoons fresh lime juice
1. Finely dice tomatoes, peppers and onions. Mix all ingredients except corn, black beans and nectarines until combined.
  2. Fold in the corn, black beans and nectarines.
  3. Transfer salsa to an airtight container, and refrigerate for one day prior to serving to allow flavors to marinate.
  4. Serve on top of stovetop chicken. Enjoy!

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## Stovetop Chicken

- 4 boneless, skinless chicken breasts or thighs
  - 1 tablespoon olive oil
  - 1 teaspoon kosher salt
  - 1/2 teaspoon black pepper
  - 1/2 teaspoon chili powder
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon onion powder
  - 1 tablespoon butter
1. Flatten chicken breasts on a cutting board with a pan or mallet.
  2. In a small bowl, combine seasonings. Place the chicken in a baking dish, and rub in seasoning mixture over both sides of the chicken.
  3. Heat olive oil in a large skillet over medium-high heat. Add chicken, and sear for 4 minutes on the first side. Flip the chicken, and add butter to the skillet, swirling as it melts. Cook for 2 minutes, then cover the skillet with a tight fitting lid.
  4. Turn heat to low for about 8-10 minutes. Remove from heat and rest, covered, for another 8-10 minutes. Make sure chicken is cooked to 165 degrees Fahrenheit.
  5. Serve immediately with Southwestern nectarine salsa. Enjoy!

***Nutritional information available at [AHealthierMichigan.org](http://AHealthierMichigan.org)***