

# Preventing Women's Heart Disease Through Education



**CAROL For Heart**

## Grilled Honey Mustard Chicken with Pineapple Salsa

Servings: 4; 3 ounces chicken and 1/3 cup salsa per serving

Cooking Spray

½ medium green bell pepper (halved lengthwise), flattened with the palm of your hand

2 pineapple slices, about ½ inch thick

4 medium green onions

1 tsp dried tarragon, crumbled

¼ tsp salt

¼ tsp pepper (coarsely ground preferred)

4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded, flattened to ½ inch thickness

1 tablespoon honey mustard and 1 tablespoon honey mustard, divided use

1 Tablespoon Balsamic vinegar

- Lightly spray a grilling rack with cooking spray. Preheat the grill on medium high.
- Lightly spray both sides of the bell pepper, pineapple, and green onions with the cooking spray.
- Grill them for 3 to 4 minutes on each side, or until the bell pepper is tender-crisp.
- Transfer to a cutting board. Set aside until cool enough to handle.
- In a small bowl, stir together the tarragon, salt and pepper.
- Sprinkle over both sides of the chicken. Using your fingertips, gently press so the seasonings adhere to the chicken.
- Grill for 4 minutes on each side, or until no longer pink in the center.
- Brush one side of the chicken with 1 tablespoon mustard.
- Grill with that side down for 30 seconds.
- Brush the other side with the remaining 1 tablespoon mustard.
- Grill with that side down for 30 seconds.
- Meanwhile, chop the bell pepper, pineapple, and green onions. Transfer to a small bowl. Stir in the vinegar.
- Spoon the salsa over the chicken or serve on the side.

Cooks tip: Flattening the bell pepper makes for quicker, more even cooking.

*Per Serving (excluding unknown items): Calories- 168; Total fat-1.5g; Saturated fat -0.5g; Polyunsaturated fat-0.5g; Monounsaturated fat-0.5g; Cholesterol-66mg; Sodium-235 mg; Carbohydrates-9g; Fiber-2g; Sugars-4g; Protein-27g*

Recipe courtesy of: American Heart Association No-Fad Diet Cookbook, 2nd edition

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