

# Grilled Chicken with Pineapple Salsa



**At a glance**

**Prep**  
10 min.

**Total**  
25 min.

**Serves**  
6

**Grill:** 15 min.

Pineapple juice, brown sugar, and red pepper add sweet and spicy flavor to the basting sauce for grilled chicken that is served with a kicked-up pineapple salsa.

## What You'll Need

- 1 jar (16 ounces) Pace® Chunky Salsa
- 1 can (8 ounces) pineapple chunks in natural juice, drained, reserving juice
- 2 tablespoons chopped fresh cilantro leaves
- 3 tablespoons packed brown sugar
- 1/4 cup red wine vinegar
- 2 tablespoons olive **or** vegetable oil
- 1/8 teaspoon ground red pepper
- 6 skinless, boneless chicken breast halves (about 1 1/2 pounds)

*Cilantro Rice*

## How to Make It

- 1 *Stir the salsa, pineapple and cilantro in a medium bowl and set aside.*
- 2 *Stir the reserved pineapple juice and the sugar in a small microwavable bowl. Microwave on HIGH for 20 seconds or until the sugar dissolves when stirred. Whisk in the vinegar, oil and red pepper.*
- 3 *Lightly oil the grill rack and heat the grill to medium. Grill the chicken for 15 minutes or until it's cooked through, turning once and basting frequently with the pineapple juice mixture. Top the chicken with the pineapple salsa and serve over the Cilantro Rice.*

## Recipe Tips

- *Cilantro Rice: Toss **6 cups** hot cooked rice with **1/4 cup** chopped fresh cilantro.*

## Recipe Nutritional Information

Made With	Pace Chunky Salsa
Calories	247
Total Fat	8g
Saturated Fat	1g
Cholesterol	73mg
Sodium	610mg
Total Carbohydrate	15g
Dietary Fiber	0g
Protein	27g
Vitamin A	7%DV
Vitamin C	7%DV
Calcium	2%DV
Iron	7%DV

# Italian-Style Tomato Salad



**At a glance**

 **Prep**  
20 min.

 **Total**  
20 min.

 **Serves**  
6

**Servings:** about 3/4 cup each

Ripe, juicy tomatoes are the secret to this summery salad that gets color and flavor from cucumber, onions, capers and crunchy croutons. But the best part is, it's ready in just 20 minutes.

## What You'll Need

- 1/4 cup olive oil
- 1 tablespoon red wine vinegar
- 4 medium tomatoes, cut into 1-inch pieces (about 2 cups)
- 1/2 cup thinly sliced cucumber
- 1 small red onion, thinly sliced (about 1/2 cup)
- 10 large fresh basil leaves, chopped (about 1/4 cup)
- 1 tablespoon drained capers
- 2 cups Pepperidge Farm® Whole Grain Seasoned Croutons

## How to Make It

- 1 Beat the oil and vinegar in a large bowl with a fork or whisk. Add the tomatoes, cucumbers, red onion, basil and capers and toss to coat.
- 2 Add the croutons just before serving and toss to coat. Serve immediately.

## Recipe Nutritional Information

Made With	Pepperidge Farm Whole Grain Seasoned Croutons
Calories	159
Total Fat	11g
Saturated Fat	1g
Cholesterol	0mg
Sodium	213mg
Total Carbohydrate	14g
Dietary Fiber	3g
Protein	3g
Vitamin A	15%DV
Vitamin C	20%DV
Calcium	2%DV
Iron	2%DV