Sesame-Crusted Chicken with Pineapple Salsa

YIELD: 4 SERVINGS

INGREDIENTS
• ½ cup sesame seeds
• 2 tablespoons minced fresh ginger
• 2 teaspoons vegetable oil
• 4 (4 ounce) skinned and boned chicken breast halves
• ½ teaspoon salt
• Pineapple Salsa

DIRECTIONS
1. Bake sesame seeds in a shallow pan at 350 degrees for 5 minutes or until toasted, stirring frequently; let cool.
2. Combine sesame seeds, ginger, and oil stirring well.
3. Sprinkle chicken with salt, coat with sesame seeds mixture, and place on a lightly greased rack in a boiler pan
4. Bake at 400 degrees for 20-25 minutes or until tender. Top evenly with pineapple Salsa and serve immediately.

Pineapple Salsa

YIELD: 1 ½ CUPS

INGREDIENTS
• 1 (15 ¼ ounce) can pineapple tidbits, drained
• ½ cup chopped red bell pepper
• 1 teaspoon grated fresh ginger
• 1 tablespoon fresh lime juice

(cont. on back)
• Pinch of ground cloves
• ¼ cup chopped fresh cilantro
• ¼ teaspoon hot sauce

DIRECTIONS
Combine all ingredients in a medium bowl, cover and chill 15 minutes.

Confetti Rice

YIELD: 8 SERVINGS

INGREDIENTS
• 2 tablespoons reduced-calorie stick margarine
• 1 cup sliced green onions
• ¾ cup long grain rice, uncooked
• 1 medium size green pepper, seeded and cut into ½ inch pieces
• 1 medium size sweet red pepper, seed and cut into ½ inch pieces
• 1 teaspoon ground cumin
• ½ teaspoon dried whole oregano
• ¼ teaspoon salt
• 2 cloves garlic, minced
• ¼ cup water
• 1 (10 ½ ounce) can low-sodium chicken broth
• Fresh oregano sprigs (optional)

DIRECTIONS
1. Melt margarine in a large nonstick skillet over medium heat. Add green onions and next 7 ingredients; sauté 3 minutes.
2. Add water and chicken broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until rice is tender and liquid absorbed. Garnish with oregano sprigs, if desired.