



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.



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