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Grilled Chicken and Polenta with Nectarine-Blackberry Salsa

Prep Time: 20 mins

Cook Time: 20 mins

Rest Time: 5 mins

Total Time: 45 mins

Ingredients

- ✚ 1 1/3 tablespoon oil, canola, divided
- ✚ 1 tablespoon cumin, ground
- ✚ 1 teaspoon salt, Kosher, divided
- ✚ 3/4 teaspoon pepper, black ground, freshly ground
- ✚ 18 ounce(s) polenta, cooked and refrigerated, 16 to 18-ounce tube, prepared
- ✚ 1 pounds chicken, breast, boneless, skinless, trimmed
- ✚ 2 medium nectarine, halved and pitted
- ✚ 1 pint(s) blackberries, coarsely chopped
- ✚ 2 tablespoon cilantro, fresh, chopped
- ✚ 1 tablespoon lime juice
- ✚ hot sauce, to taste



Preparation

1. Preheat grill to medium-high.
2. Combine 1 tablespoon oil, cumin, 3/4 teaspoon salt and pepper in a small bowl. Rub 1 teaspoon of the mixture all over polenta. Rub the rest into both sides of chicken. Cut the polenta crosswise into 8 slices. Rub the cut sides of nectarine halves with the remaining 1 teaspoon oil.
3. Oil the grill rack (see Tip). Place the chicken, polenta slices and nectarines on the grill. Grill the polenta until hot and slightly charred, 3 to 4 minutes per side. Transfer to a clean plate; tent with foil to keep warm. Grill the nectarines, turning occasionally, until tender, 6 to 8 minutes total. Grill the chicken, until cooked through and no longer pink in the middle, 6 to 8 minutes per side. Transfer the chicken and nectarines to a cutting board. Coarsely chop the nectarines. Let the chicken rest for 5 minutes, then thinly slice.
4. While the chicken rests, combine the chopped nectarines, blackberries, cilantro, lime juice, hot sauce and the remaining 1/4 teaspoon salt in a medium bowl. Layer the polenta, chicken and fruit salsa on 4 plates and serve.