



Uploaded to VFC Website

▶▶▶ January 2013 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



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.