

# PINEAPPLE AVOCADO SALSA CHICKEN

## Ingredients for Salsa

- 2 cups diced pineapple
- 1 cup chopped cilantro
- 1 avocado, diced
- 1 jalapeño, seeded, finely chopped
- 1/2 cup diced red onion
- 2 tablespoons lime juice
- 1/4 teaspoon iodized salt
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground black pepper

## Ingredients for Chicken

- 4 chicken breasts, pound to 1/2-inch thickness
- 2 tablespoons pure olive oil
- Salt and ground black pepper to taste



## Directions

1. For the salsa: In a medium bowl, combine all ingredients. Reserve.
2. For the chicken: Brush the chicken on both sides with olive oil. Season with salt and pepper to taste.
3. Preheat grill or grill pan over medium-high heat - or use an air fryer. Cook the chicken until the internal temperature reaches 165°.
4. Remove chicken and allow it to rest for 5 minutes. Plate the chicken and top with desired amount of salsa.