

CHICKEN WITH Three Pepper RELISH



PORTION: 1/2 cup
SERVES: 4

SUPERFOOD

INGREDIENTS

For the Chicken:

1 lb Chicken Breast, Skinless & Boneless

1/8 tsp Black Pepper

1/8 tsp Salt

2 tsp Canola Oil

1/3 cup Honey

1/4 cup Low Sodium Soy Sauce

2 1/2 Tbsp Extra Virgin Olive Oil

1 1/2 cup Diced Onions, Fresh

For the Relish:

2 Tbsp Worcestershire Sauce

2 Tbsp Apple Cider Vinegar

2 tsp Sriracha Hot Chili Sauce

2 tsp Garlic, Minced

2 ea Red Bell Pepper

2 ea Fresh Poblano Peppers

2 ea Fresh Fresno Peppers

METHOD

1. For the chicken: Pre-heat oven and pre-heat grill to medium high heat. Brush chicken with olive oil and season with salt and pepper. Place chicken onto the grill and cook for approximately 4 minutes on each side. Place the chicken on a sheet pan and place in the pre-heated oven until it's cooked through and the internal temperature reaches 165F degrees.
2. Combine the Worcestershire sauce, vinegar, Sriracha, honey (warm for easier blending), and soy sauce together in a bowl. Stir well and set aside.
3. Finely chop the peppers. Heat the olive oil in a sauté pan over medium-high heat. Add the onions, stirring occasionally for 5 minutes, until they start to color. Reduce heat to medium-low. Add the garlic and cook for 1 to 2 minutes. Add the bell, poblano, and Fresno peppers. Cook for 5 minutes until all of the peppers are cooked through. Add the liquid mixture and simmer on low heat until the liquid is evaporated by half, approximately 15 minutes. Turn off the heat and allow to cool. Serve over the chicken.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
420	16g	2.5g	42g	30g	4g	880mg