



## Seared Chicken with Greek Salsa

### **Salsa:**

- 1 small cucumber, seeded and chopped (~1 cup total)
- 2 tablespoons finely chopped red onion
- 3 tablespoons chopped fresh mint
- ½ to ¾ teaspoon grated lemon zest
- 1 to 2 tablespoons lemon juice
- 1/8 teaspoon salt
- 1/8 teaspoon dried pepper flakes, optional
- 1 ounce crumbled feta with sun-dried tomatoes and basil

### **Chicken**

- 4 (4 ounces each) boneless chicken breasts
- ¾ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Nonstick cooking spray

Combine all salsa ingredients except feta in medium bowl. Toss gently to blend; set aside. Season both sides of the chicken with oregano, salt and pepper. Heat large nonstick skillet over medium-high heat until hot. Coat with cooking spray. Cook for 5 minutes on each side or until cooked and no longer pink in center. Add the feta to the salsa. Toss gently and serve with the chicken.

Serving suggestion: Serve with hot couscous tossed with green onion and steamed asparagus.

Makes 4 servings.

Per Serving:

153 Calories

3g Total Fat (1g Saturated Fat)

3g Carbohydrates

28g Protein

71mg Cholesterol

Less than 1g Total Fiber

357mg Sodium