

Dish of the Game



Pan Seared Chicken with Corn Salsa

- 2 teaspoons chili powder
- 2 teaspoons brown sugar
- 1 teaspoon ground cumin
- 4 boneless skinless chicken breasts
- 2 tablespoons olive oil
- 1 (7 ounces) can whole sweet corn
- ½ red bell pepper, chopped
- ½ small cucumber, seeded, chopped
- ½ cup red kidney beans, rinsed and drained
- 3 tablespoons lime juice
- ¼ teaspoon salt

Directions:

In a cup, combine chili powder, brown sugar, and cumin. Rub both sides of chicken breasts with spice mixture.

In a large skillet, heat oil over medium heat. Cook chicken in oil for 12 minutes, turning occasionally, or until thermometer reads 160 degrees.

Meanwhile, in a medium bowl, stir together corn, red pepper, cucumber, kidney beans, lime juice, and salt.

Top each chicken breast with salsa.