



# #MakeItGAP

## RECIPES

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## GRILLED CHICKEN WITH BLUEBERRY LIME SALSA

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**YIELD:** Serves 4

**INGREDIENTS:**

1 lime  
1 Tbsp. canola oil  
1/2 tsp. salt plus 1/8 teaspoon, *divided*  
1/2 tsp. ground pepper  
2 bone-in, skinless chicken breasts, *cut in half crosswise*  
1 cup blueberries, fresh or frozen (thawed), *coarsely chopped if large*  
1/2 serrano or jalapeño pepper, or to taste, *finely chopped*  
2 Tbsp. finely chopped shallot  
1 Tbsp. chopped fresh cilantro

**PREPARATION:**

Zest lime (reserve the fruit). Combine the zest, oil, 1/4 teaspoon salt and pepper in a small bowl. Place chicken in a shallow dish meat-side up and spoon the mixture on top. Cover and refrigerate for at least 2 hours and up to 8 hours (*see Tips, below*).

Preheat grill to medium.

Oil the grill rack (*see Tips, below*). Grill the chicken until an instant-read thermometer inserted in the thickest part without touching bone registers 165°F, 8–12 minutes per side. Transfer to a serving plate; let rest for 5 minutes.

Meanwhile, slice ends off the reserved lime. With a sharp knife, remove the white pith and discard. Cut the segments from their surrounding membranes and coarsely chop. Combine in a small mixing bowl with blueberries, chile, shallot, cilantro and the remaining 1/8 teaspoon salt, stirring gently. Serve with the chicken.

**TIPS**

*Make Ahead Tip:* Marinate chicken for up to 8 hours.

Oiling a grill rack before you grill helps prevent foods from sticking. Once the grill is heated, oil a folded paper towel, hold it with tongs and rub it over the rack. Do not use cooking spray on a hot grill.

*Recipe adapted from [eatingwell.com](http://eatingwell.com)*