

Grilled Chicken Breast with Cucumber and Pepper Relish



Rated: ★★★★★

Submitted By: FJK

Photo By: misymiss

Prep Time:

15 Minutes

Cook Time:

15 Minutes

Ready In: 1 Hour

30 Minutes

Servings: 4

"This spicy grilled chicken sports a cooling cucumber relish."

INGREDIENTS:

1 cucumber - peeled, seeded and chopped	1/4 teaspoon crushed red pepper flakes
1 tablespoon chopped fresh parsley	1/2 teaspoon ground cumin
1/8 cup chopped red onion	1/8 teaspoon chili powder
1/2 cup chopped yellow bell pepper	2 tablespoons olive oil
	4 skinless, boneless chicken breasts

DIRECTIONS:

1. In a medium bowl, prepare the relish by mixing together the cucumber, parsley, chopped onion, bell pepper, and red pepper flakes. Set aside.
2. In a small bowl, mix the cumin and chili powder with the olive oil. Rub the mixture onto the chicken, and place in a shallow dish. Marinate in the refrigerator at least 1 hour.
3. Prepare the grill for medium heat.
4. Lightly oil the grill grate. Grill chicken 8 minutes per side, or until juices run clear. Serve with cucumber relish.