

DINNER

Grilled Southwestern Chicken With Pineapple Salsa

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$2.38	338 kcal

Grilled Southwestern Chicken With Pineapple Salsa takes roughly 45 minutes from beginning to end. This recipe serves 4 and costs \$2.38 per serving. One portion of this dish contains around 49g of protein, 13g of fat, and a total of 338 calories. It is a rather cheap recipe for fans of Mexican food.

Ingredients

- ☐ 4 skinned and boned chicken breasts
- ☐ 2 teaspoons garlic salt
- ☐ 2 tablespoons olive oil
- ☐ 4 servings Pineapple Salsa
- ☐ 1 tablespoon chili powder
- ☐ 1 slices Garnish: lime
- ☐ 2 teaspoons paprika

EQUIPMENT Plastic wrap, Grill, Rolling pin, Meat tenderizer

Method

- 1

Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/2-inch thickness using a meat mallet or rolling pin. Rub evenly with olive oil, and sprinkle evenly with chili powder, garlic salt, and paprika.
- 2

Grill chicken, covered with grill lid, over medium-high heat (350 to 40
- 3

minutes on each side or until done.

- 4 Serve with Pineapple Salsa.
- 5 Garnish, if desired.

Nutrition per serving

338	49 g	13 g	4 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.3 g · 15% of daily needs
Fibre			1.7 g · 7% of daily needs
Sugar			1.5 g · 2% of daily needs
Sodium			1,668 mg · 73% of daily needs
Cholesterol			145 mg · 48% of daily needs
Vitamin C			3.9 mg · 5% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/grilled-southwestern-chicken-with-pineapple-salsa-148609