



# Healthy Food for a Wealthy Mood



## Spicy Salsa Verde Chicken

Total time 1 hour 10. Serves 4

### Ingredients

- 1 cup basil leaves, packed
- 1 cup cilantro, packed
- ½ cup parsley, packed
- ½ jalapeno pepper, chopped
- 2 garlic cloves
- 1 small shallot, chopped
- Zest of 1 lime
- Juice of ½ lime
- 3 tbs. orange juice (fresh is best)
- Salt and pepper
- 1 lb. chicken breasts
- Extra virgin olive oil for grilling

### Directions:

1. Combine all ingredients except chicken in a blender
2. Blend until pureed.
3. Combine chicken breasts with half the salsa mixture in a large bowl, toss to coat, cover and refrigerate for at least an hour, up to overnight.
4. Heat a stove top grill pan (or outdoor grill) over medium heat and grease with extra virgin olive oil.
5. Place chicken breasts on grill and cook for about 5-7 minutes per side or until chicken is cooked through. This will depend of how thick your chicken is.
6. Once cooked through, remove from grill and spoon remaining salsa over the top of each chicken breast.
7. Serve with a lime wedge and garnish with cilantro

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