

RECIPE



Plum Salsa with Chicken and Mint Mayo

Ingredients

- 4 - 6 firm but ripe plums, cut into small dice
- 1 small cucumber, peeled, seeded, diced
- 2 tablespoon finely chopped, fresh cilantro
- 1 ½ tablespoon fresh lime juice
- 1 tablespoon granulated sugar
- 1 teaspoon minced garlic
- 1 teaspoon finely grated, peeled, fresh ginger
- Salt and freshly, ground, black pepper

- 1 Fruit Center Rotisserie Chicken, cooled to room temperature
- 1 head of Boston Bibb lettuce

- A little less than ¾ cup light mayonnaise
- ½ cup reduced fat sour cream
- 2-3 teaspoon fresh lemon juice
- ½ cup freshly chopped, mint leaves
- Salt and pepper

Gently stir the first eight ingredients together. Add extra lime juice and/or sugar if needed. Put in a serving bowl and refrigerate for at least one hour.

Remove the meat from the chicken using a knife, a pair of kitchen scissors and/or your hands and cut into 1 ½" pieces. You will end up with 3 - 3 ½ cups of meat, of which 2/3 will be white meat. If you are keeping your meals low fat discard the skin. Arrange half the chicken pieces on one end of a serving platter.

Wash lettuce leaves and cut/tear into approx. 2" squares, dry. Arrange lettuce on the other end of serving platter.

Whisk together mayonnaise, sour cream, and fresh lemon juice. Add mint. Season with coarse salt and ground pepper. Put in a small serving bowl. Refrigerate until ready to serve.

Arrange the mayo and the salsa next to the platter for your guests to serve themselves. Serves 6-8 as an appetizer.

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