

## **Apple-Cucumber Salsa on seared chicken cutlet**

**Serves 4**

2 Granny Smith apple, peeled, cored and cut into ¼-inch dice  
1 cucumber, peeled, seeded and cut into ¼-inch dice  
1 small red onion, cut into ¼-inch dice  
1 small red bell pepper, cut into ¼-inch dice  
1 1/2 Tbsp white wine vinegar  
1 ½ Tbsp. rice wine vinegar  
2 ½ tsp sugar  
Sea Salt to taste

4 boneless chicken cutlets  
Olive oil  
Spike seasoning-a no salt flavorful alternative  
Fresh ground black pepper

In a large sauté pan, heat 1-teaspoon olive oil to medium high heat.  
Season chicken cutlets, (pounded chicken breasts) with Spike and ground pepper.

In a bowl, toss the apple with the cucumber, onion, and pepper. Stir in the vinegar and sugar, season with salt . Serve on top of seared boneless chicken cutlets.

This makes a great chicken wrap by slicing the chicken after grilling and topping with granny apple salsa and a touch of Japanese mayonnaise, (found in Asian specialty stores or ask your favorite sushi chef for a little) before rolling into tortilla or flat bread.