

## Chicken Paillards with Avocado-Pomegranate Salsa

**Serves:** 4

**Preparation time:** 20 minutes  
(plus marinating time)

**Total time:** 45 minutes

**4 boneless, skinless chicken breast halves (4 to 6 ounces each)**

**1/4 cup fresh lemon juice**

**3 tablespoons olive oil, divided**

**1 tablespoon pomegranate molasses**

**3/4 teaspoon Kosher salt**

**1/4 teaspoon freshly ground black pepper**

**Salsa:**

**1 large lemon**

**Seeds from 1/2 medium pomegranate**

**3 small green onions, thinly sliced**

**2 medium firm-ripe avocados, pitted, peeled and cut into 1/4-inch dice**

**2 tablespoons olive oil**

**1 tablespoon chopped flat leaf parsley**

**1 teaspoon finely minced seeded jalapeno**

**1 teaspoon pomegranate molasses**

**1/2 teaspoon Kosher salt**

Pound each chicken breast between pieces of plastic wrap until about 1/8-inch thick. Or, if using large chicken breasts, cut them in half horizontally so you have two thin, even pieces. In a shallow bowl, stir in the lemon juice, 2 tablespoons olive oil, 1 tablespoon pomegranate molasses, salt and pepper. Add the chicken, turn to coat well, and cover and refrigerate for at least 20 minutes and up to 1 hour.

To make the salsa: Finely grate the zest from the lemon and then squeeze out 1 tablespoon juice. Place the pomegranate seeds, discarding any pith, into a bowl. Add the lemon zest and juice, green onions, avocado, olive oil, parsley, jalapeno, 1 teaspoon pomegranate molasses and teaspoon salt. Fold gently with a rubber spatula. Season to taste with additional salt.

To cook the chicken: Heat 1/2 tablespoon olive oil in a 12-inch skillet over medium heat. Add 2 chicken breasts and cook until lightly browned, about 3 minutes. Flip and cook until lightly browned on the other side and cooked through, about 3 minutes more. Transfer the chicken to a plate and cover to keep it warm. Repeat with the remaining 1/2 tablespoon of oil and 2 chicken breasts. Serve the chicken with the salsa spooned over the top.

**Cook's note:** To remove the seeds from a pomegranate, cut 1/4-inch off the top. Score the pomegranate on all sides. Place it in a bowl of water and pull apart. Push the seeds out using your fingers. The white pith floats to the top and the seeds sink. Strain out the seeds.

*Adapted from Fine Cooking magazine February/March issue. Tested by Susan M. Selasky for the Free Press Test Kitchen.*

*Nutrition information: 430 calories (61 percent from fat), 29 grams fat (4.5 grams saturated fat), 20 grams carbohydrates, 26 grams protein, 310 mg sodium, 65 mg cholesterol, 9 grams fiber.*

