**Grilled Chicken Thighs with Pineapple, Corn, and Bell Pepper Relish**

Perfect for summer cookouts, this grilled chicken recipe boasts phenomenal flavors from its savory-sweet relish.

* **Yield:** 4 servings (serving size: 2 thighs and 3/4 cup relish)



**Ingredients**

* Cooking spray
* 1 teaspoon garlic powder
* 1 teaspoon ground cumin
* 3/4 teaspoon salt, divided
* 1/4 teaspoon freshly ground black pepper
* 8 skinless, boneless chicken thighs (about 1 1/4 pounds)
* 2 cups cubed fresh pineapple (about 1/2 pineapple)
* 1/2 cup fresh corn kernels (about 1 ear)
* 1/3 cup finely chopped red bell pepper
* 1/4 cup thinly sliced fresh basil
* 3 tablespoons finely chopped red onion
* 1 tablespoon cider vinegar
* 1 teaspoon sugar

**Preparation**

1. Heat a grill pan over medium-high heat; lightly coat with cooking spray. Combine garlic powder, cumin, 1/2 teaspoon salt, and pepper in a small bowl; sprinkle over chicken. Add chicken to pan; cook 10 minutes on each side or until done.

2. Meanwhile, combine remaining 1/4 teaspoon salt, pineapple, and remaining ingredients in a medium bowl. Serve relish over chicken.

**Nutritional Information Amount per serving**

* Calories 242

* Fat 6.1 g

* Sat fat 1.5 g

* Monofat 1.8 g

* Polyfat 1.5 g

* Protein 29.6 g

* Carbohydrate 17.4 g

* Fiber 1.3 g

* Cholesterol 118 mg

* Iron 2.2 mg

* Sodium 571 mg

* Calcium 38 mg
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