

Blueberry Salsa!

2 cups blueberries
1 small red onion, diced
1 jalapeno pepper, seeded & minced
1 red pepper, diced
4 tablespoons cilantro, minced
¼ cup lime juice
salt to taste

Combine all ingredients and allow to rest in the refrigerator for at least one hour.
Serve with chips or great as a topping for chicken or pork!



Blueberry Chickenbreast

4 halves boneless and skinless chicken breasts
1 tablespoon cajun spice rub
3 cloves garlic
½ minced onions
2 teaspoons olive oil
1/3 cup red wine
2 cups blueberries
1 teaspoon lemon zest
salt and pepper to taste

Dust chicken breasts with cajun spice. Sauté in olive oil over a medium high heat until brown and cooked through (about 10 minutes). Remove chicken from pan and keep warm. In pan, sauté onion and garlic until translucent, scraping bits from pan. Add wine and cook until reduced by half. Add blueberries, lemon zest, and salt and pepper. Simmer for 5 minutes, let rest off heat for 5 minutes to let flavors develop. Serve over the chicken breasts.