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Grilled Chicken and Lemon Salad

Chicken:

¾ cup fresh lemon juice
¼ cup olive oil
1 Tbs fresh thyme leaves
1 tsp salt
4 (6 oz. each) boneless, skinless chicken breast halves
Cooking spray

Salad:

1 cup sugar snap peas, trimmed
½ cup red bell pepper strips
½ cup yellow bell pepper strips
½ cup zucchini, thickly sliced
2 Tbs chopped fresh cilantro
1 Tbs olive oil
¼ tsp salt
¼ tsp freshly ground black pepper
4 lemon wedges (optional)

1. To prepare chicken, combine the first 4 ingredients in a large zip-top plastic bag. Add chicken to bag and seal. Marinate in refrigerator 1 hour, turning occasionally.
2. Prepare grill.
3. Remove chicken from bag; discard marinade. Place chicken on grill rack coated with cooking spray. Grill chicken for 6 minutes on each side or until done. Cool completely. Cut into ¼ inch-thick slices.

4. To prepare salad, cook peas in boiling water for 30 seconds. Do not overcook peas. Drain and rinse with cold water. Drain again. Combine peas and next 7 ingredients (through black pepper) in a large bowl. Add chicken to bowl and toss to combine.
5. Serve with lemon wedges (optional)

Makes 4 Servings

Per Serving (1 ¾ cups):

Fat: 7.1 g

Calories: 259

Protein: 40.5 g

Carbohydrates: 5.3 g

Cholesterol: 99 mg

Fiber: .8 g

Sodium: 332 mg

Source: <http://www.myrecipes.com/recipe/grilled-chicken-lemon-salad-10000001206189/>