

Grilled Chicken Breast with Salsa

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Servings: 2

Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

1/4 cup olive oil

juice of one lemon

2 teaspoons garlic, minced

1/4 teaspoon salt

1/4 teaspoon pepper

2 4-ounce boneless/skinless chicken breast halves

1 avocado, diced

1 tablespoon lime juice

1 tomato, diced

2 tablespoons cilantro, chopped

Preheat the grill and coat lightly with cooking spray.

In a bowl, mix the oil, lemon juice, garlic, salt and pepper.

Add the chicken and coat with the marinade.

Cover and refrigerate for 15 minutes, turning once.

Remove the chicken from the bowl. Discard the marinade.

Grill on medium, covered, for 6 to 8 minutes, turning once, or until cooked through. Let rest for 3 minutes.

Meanwhile, in a bowl, toss the avocado with the lime juice.

Add the tomato and cilantro.

Cut each breast into 1/2-inch-thick slices on the diagonal.

Divide between two plates.

Top with the salsa and garnish with extra cilantro.

Per Serving (excluding unknown items): 425 Calories; 43g Fat (85.6% calories from fat); 3g Protein; 13g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 287mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 8 1/2 Fat.