

Chicken

Herbed Chicken

Cooking Light

Servings: 4

If you like Herbs

MARINADE

3 tablespoons extra-virgin olive oil

2 tablespoons shallots, minced

1 tablespoon fresh rosemary, chopped

2 teaspoons fresh thyme, chopped

2 cloves garlic, minced

INGREDIENTS

4 6-ounce chicken breasts

Combine first five ingredients in a bowl to create marinade. Place marinade in a zip-top plastic bag.

Add chicken breasts to zip-top bag; seal. Marinate in the refrigerator for 2 hours.

Remove chicken from bag; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon black pepper. Brush the herb mixture evenly over the chicken.

Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook for 6 minutes on each side or until done.

Per Serving (excluding unknown items): 330 Calories; 23g Fat (62.9% calories from fat); 29g Protein; 2g Carbohydrate; trace Dietary Fiber; 87mg Cholesterol; 87mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 2 Fat.