



## **GARLIC AND MINT CHICKEN BREASTS**

Basic Lifestyle

### **Ingredients**

- 4 chicken breasts (5 oz.)
- ½ cup fresh mint leaves
- 1 TBS lemon juice
- 1 TBS olive oil
- 1 TBS lite soy sauce ( or 1 TBS Bragg's Liquid Amino)
- 4 cloves garlic
- 1 TSP chili powder
- ¼ TSP black ground pepper

### **Instructions**

1. Place chicken in a resealable plastic bag set in a shallow dish.
2. In a blender, combine the ½ cup mint leaves, the lemon juice, oil, soy sauce, garlic, chili power and black pepper. Cover and blend until smooth. Pour over chicken. Seal bag. Turn to coat chicken. Marinate chicken in refrigerator for 4 to 24 hours..
3. Drain chicken, discarding marinade. Place chicken on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until tender and no longer pink, turning once.

### **Portion-Per-Serving Information** (Yields 8 servings)

1 serving = 1 chicken breast = 1 P