



## MEDITERRANEAN GRILLED CUTLETS

Basic Lifestyle

### Ingredients

- 3 chicken cutlets
- 3 TBS lite or no-fat mayonnaise
- 1 TBS olive oil
- 1 TBS vinegar
- 1 TSP garlic powder
- 1/4 TSP paprika
- 1/4 TSP salt
- 1/2 TSP oregano

### Instructions

1. Slit each cutlet into two.
2. Combine all the rest of the ingredients and marinate the chicken for 2 to 3 hours.
3. Grill either on a barbeque or using the grill setting on your oven. Alternatively, simply place the cutlets in a grill pan (or frying pan) on a medium flame for 3 to 4 minutes on each side.

### Portion-Per-Serving Information (Yields 4 servings):

1 cutlet = 1 P, 1/2 FT