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DIET CENTER

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GRILLED CHICKEN WITH ORANGES AND AVOCADO Final Lifestyle

Ingredients

For the chicken:

- 1 cup low-fat or fat-free plain yogurt
- 1/4 cup minced red onion
- 2 TBS chopped cilantro
- 2 TBS honey
- Morton's 50% Lite Sodium, to taste
- freshly ground black pepper
- 4 boneless, skinless chicken breasts, 4-5 oz.

For the garnish:

- 1 avocado
- 1/4 cup fresh lime juice
- 2 oranges, peeled and sectioned
- 1 small red onion, thinly sliced

Instructions

1. For the chicken ... Mix all the ingredients except the chicken in a large bowl. Add the chicken to the mixture and coat evenly. Cover the bowl and refrigerate for 30 minutes or overnight.
2. Preheat the grill or broiler.
3. Remove the chicken from the marinade and discard the marinade. (This protects against cross-contamination.) Sprinkle the chicken with the salt and pepper.
4. Place the chicken on the grill or under the broiler and cook until the juices run clear, 6 to 8 minutes per side.
5. In the meantime, peel, core and chop the avocado, and toss it with the lime juice quickly so that it doesn't discolor. Add the oranges, onion and cilantro. Season with the salt and serve, equally distributed, on top of each chicken breast.

Portion-Per-Serving Information: (Yields 4 servings): Serving = 1 chicken breast = 1 PR, 1/2 FR, 1/2 FT