



Garlic and Mint Chicken Breasts

Basic Lifestyle

INGREDIENTS

4 skinless, boneless chicken breast halves (1-1/4 to 1-1/2 pounds total)
1/2 cup fresh mint leaves
1 TBS lemon juice
1 TBS olive oil
1 TBS reduced-sodium soy sauce
4 cloves garlic
1 TSP chili powder
1/4 TSP ground black pepper
Grilled whole green onions* (optional)

INSTRUCTIONS

—Place chicken in a resealable plastic bag set in a shallow dish.

—In a blender, combine the 1/2 cup mint leaves, the lemon juice, oil, soy sauce, garlic, chili powder, and pepper. Cover and blend until smooth; pour over chicken. Seal bag; turn to coat chicken. Marinate chicken in refrigerator for 4 to 24 hours.

—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 (170 degree F), turning once. If desired, serve over hot cooked couscous.

*Note: To grill green onions, place them on the edge of the grill with the chicken for the last 2 minutes of the grilling time.

SERVING INFO: (Serves 4)

1 chicken breast = 1 P

See photos of this recipe at [Instagram](#) and [Facebook](#).