

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Honey Grilled Chicken Breast

Makes: 6 (4-5oz servings) • **Cook Time:** 15 minutes

Ingredients

- 1/4 cup fresh orange juice
- 3 tablespoons honey
- 2 tablespoons fresh lemon juice
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon peeled and minced fresh ginger
- 1 tablespoon minced garlic
- Salt and freshly ground black pepper, to taste
- 6 boneless, skinless chicken breast halves, 4 to 6 ounces each, rinsed and patted dry



Preparation

- Combine all of the marinade ingredients in a large bowl.
- Add chicken breast and toss well in the marinade to coat.
- Cover and marinate in the refrigerator for 4 hours or overnight, turning occasionally. Bring to room temperature about 30 minutes before grilling.
- Grill the chicken breasts, 3 inches from the heat source. Grill for 4 to 5 minutes per side or until cooked through. Remove to a plate and let sit for 5 minutes before serving.

Nutrition

Per serving (4-5oz): 188.6 calories; 3.2g fat; 11.6g carbohydrates; 0 g added sugars; 27g protein; <1 g fiber; 361mg sodium; 73mg cholesterol

Tips & Notes:

Tip: Add grilled pineapple to bring out the flavors for a little twist.

Note: Inside grills, such as a George Foreman Grill, can also be used to cook this dish. Cooking time may slightly vary.