

Grilled Basil Chicken and Tomatoes



Servings: 4 servings **Serving Size:** 1 breast

Nutritional Facts (per serving):

177 calories, 8g carbohydrates, 5g total fat, 24g protein

Ingredients

- ¾ cup balsamic vinegar
- ¼ cup tightly packed fresh basil leaves
- 2 tablespoons olive oil
- 1 garlic clove, minced
- ½ teaspoon salt
- 8 plum tomatoes
- 4 boneless skinless chicken breast halves (4 ounces each)

Directions

1. For marinade, place first five ingredients in a blender. Cut 4 tomatoes into quarters and add to blender; cover and process until blended. Halve remaining tomatoes for grilling.
2. In a bowl, combine chicken and 2/3 cup marinade; refrigerate, covered, 1 hour, turning occasionally. Reserve remaining marinade for serving.
3. Drain chicken, discarding marinade. Place chicken on an oiled grill rack over medium heat. Grill chicken, covered, until a thermometer reads 165°, 4-6 minutes per side. Grill tomatoes, covered, over medium heat until lightly browned, 2-4 minutes per side. Serve chicken and tomatoes with reserved marinade.

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