

Oregano and Lemon Grilled Chicken

Serves: 4

Ingredients

4 6-oz skinless, boneless chicken breast halves	½ tsp. freshly ground black pepper
5 tsp. grated lemon rind	¼ tsp. water
1 Tbsp. olive oil	2 garlic cloves, minced
1 ½ tsp. dried oregano	4 lemon wedges
¾ tsp. kosher salt	2 tsp. chopped fresh parsley

Prepare grill.

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to ¼ -inch thickness using meat mallet or rolling pin.

Combine lemon rind, olive oil, oregano, salt, pepper, water, and garlic; rub evenly over both sides of chicken.

Place chicken on grill rack coated with cooking spray and grill 3 minutes on each side or until done.

Remove from heat. Squeeze 1 lemon wedge evenly over each chicken breast half. Sprinkle parsley evenly over chicken.

Per serving: 226 calories, 5.6 g total fat (1 g saturated), 39.6 g protein, 2.2 g carbohydrates, 0.7 g fiber, 99 mg cholesterol, 465 g sodium.