

HEALTHY RECIPE

"Grilled Summer Squash Chicken"

Ingredients:

1 lemon
1 tablespoon olive oil
1/2 teaspoon salt
1/4 teaspoon coarsely ground black pepper
4 (about 1 1/4 pounds) medium thighs, skinless and boneless
4 (about 5 ounces each) medium yellow summer squash, each cut lengthwise into 4 wedges (substitute: zucchini)
1/4 cup fresh chives, snipped
Grilled lemon slices, for garnish



Directions:

1. From lemon, grate 1 tablespoon peel and squeeze 3 tablespoons juice. In medium bowl, whisk together lemon peel and juice, oil, salt, and pepper; transfer 2 tablespoons to cup.
2. Add chicken thighs to bowl with lemon-juice marinade; cover and let stand 15 minutes at room temperature or 30 minutes in the refrigerator.
3. Meanwhile, prepare charcoal fire or preheat gas grill for covered direct grilling over medium heat.
4. Discard chicken marinade. Place chicken and squash on hot grill rack. Cover grill and cook chicken and squash 10 to 12 minutes or until juices run clear when thickest part of thigh is pierced with tip of knife and squash is tender and browned, turning chicken and squash and removing pieces as they are done.
5. Transfer chicken and squash to cutting board. Cut chicken into 1 inch-wide strips; cut each squash wedge crosswise in half.
6. To serve, on large platter, toss squash with reserved lemon-juice marinade, then toss with chicken and sprinkle with chives. Garnish with grilled lemon slices.

Nutritional Information:

Calories: 255
Total Fat: 8 g (Saturated Fat 3 g)
Cholesterol: 101 mg
Sodium: 240 mg
Total Carbohydrates: 8 g (Dietary Fiber 3 g, Sugars 0)
Protein: 29 g
Calcium: 0

Recipe found at: <http://www.goodhousekeeping.com/recipefinder/summer-squash-chicken-534>