

Grilled Chicken with Oranges and Avocado

This recipe serves: 4

Preparation time : 20 minutes

Cooking time : 20 minutes

Ingredients

For the chicken:

1 cup low-fat or non-fat plain yogurt
1/4 cup minced red onion
2 tablespoons chopped cilantro
2 tablespoons honey
salt to taste
freshly ground black pepper
4 boneless, skinless chicken breasts, 4 to 6 oz. each

For the garnish:

1 avocado
1/4 cup fresh lime juice
2 oranges, peeled and sectioned
1 small red onion, thinly sliced

Cooking Instructions

1. For the chicken: Mix all the ingredients except the chicken in a large bowl. Add the chicken to the mixture and coat evenly. Cover the bowl and refrigerate for 30 minutes or over night.
2. Preheat the grill or broiler.
3. Remove the chicken from the marinade and discard the marinade. (This protects against cross-contamination.) Sprinkle the chicken with salt and pepper.
4. Place the chicken on the grill or under the broiler and cook until the juices run clear, 6 to 8 minutes per side.
5. In the meantime, peel, core and chop the avocado and toss it with the lime juice quickly so that it doesn't discolor. Add the oranges, onion and cilantro. Season with salt and serve on top of the chicken.

Nutrition Facts

Serving Size 1 chicken breast



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Amount Per Serving

Calories 303

Protein 37 g

Total Carbohydrate 23 g

Dietary Fiber 4 g

Soluble Fiber 2 g

Insoluble Fiber g

Sugar 17 g

Total Fat 7 g

Saturated Fat 2 g

Monounsaturated Fat 4 g

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