



Basil-Lime Chicken Breasts

Recipe Courtesy Bryan Woolley

¼ cup diced Anaheim chili
1/2 c. chopped green onions
1/3 c. fresh lime juice
1 tsp. ground coriander
½ tsp red pepper Flakes
½ cup freshly chopped basil
Salt and freshly ground pepper
4 boneless chicken breast pounded to be even

1. Combine first 5 ingredients in small bowl.
2. Season with salt and pepper.
3. Place pounded chicken breasts in a large bowl.
4. Pour marinade over chicken.
5. Cover and refrigerate at least 2 hours.
6. Grill chicken breasts until done.
7. Serve with grilled vegetables.

Makes 4 servings

Nutrition Facts

Serving Size: One 3-4 ounce chicken breast

Calories	150
Total Fat	1.5g
Saturated Fat	0g
Cholesterol	70mg
Sodium	230mg
Carbohydrates	4g
Dietary Fiber	1g
Sugars	1g
Protein	28g

Diabetic Exchanges

Protein	4
Fat	0
Carbohydrates	0