



Grilled Chicken Tenders with Cilantro Pesto

Cook chicken tenders quickly on the grill and top with pesto made with cilantro and sesame seeds for a zesty, speedy dinner. Serve with Quinoa and grilled asparagus.

1/4 cup lime juice
1/4 cup reduced-sodium soy sauce
1 tablespoon canola oil
1 teaspoon chili powder
1 pound chicken tenders
2 cups loosely packed fresh cilantro leaves (1-2 bunches)
2 scallions, sliced
2 tablespoons toasted sesame seeds

Whisk lime juice, soy sauce, oil and chili powder in a large bowl. Reserve 2 tablespoons of the marinade in a small bowl. Add chicken to the remaining marinade; toss to coat. Marinate in the refrigerator for 20 minutes or up to 1 hour.

Preheat grill to medium-high.

Meanwhile, place cilantro, scallions, sesame seeds and the reserved marinade in a food processor and process until fairly smooth.

Oil the grill rack. Remove the chicken from the marinade (discard marinade) and grill until cooked through and no longer pink in the middle, about 2 minutes per side. Serve the chicken with the cilantro-sesame pesto.

Nutritional Analysis

Calories	168
Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	63 mg
Sodium	299 mg
Carbohydrates	3 g
Fiber	1 g
Sugars	0 g
Protein	24 g
Calcium	0 g
Potassium	295 mg

Diabetic Exchanges:

3 ½ lean meat
½ fat