



## ***Spicy Tunisian Grilled Chicken***

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2 teaspoons coriander seeds  
2 teaspoons caraway seeds  
3/4 teaspoon crushed red pepper  
3/4 teaspoon garlic powder  
1/2 teaspoon kosher salt  
1-1 1/4 pounds boneless, skinless chicken breast

Grind coriander seeds, caraway seeds and crushed red pepper in a spice grinder (or mortar and pestle) until finely ground. Transfer to a small bowl and stir in garlic powder and salt.

Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.

Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.

To grill: Oil the grill rack. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.

To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.

### **Nutritional Analysis**

Calories	131
Fat	3g
Saturated Fat	1g
Monounsaturated Fat	1g
Cholesterol	63mg
Sodium	195mg
Carbohydrates	2g
Dietary Fiber	1g
Protein	23g
Potassium	228mg

### **Diabetic Exchanges:**

Lean Meat	3
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