

PREPARATION: 10 MINUTES

MARINATE: 12 HOURS

COOKING: 15 MINUTES

4 SERVINGS

SUMMER CHICKEN BREAST



INGREDIENTS

Marinade

2 tablespoons olive oil

2 tablespoons white wine vinegar

1 garlic clove, minced

¼ cup fresh basil, finely chopped

¼ cup mint, finely chopped

4 chicken breasts (1½ lbs)

Dressing

¼ cup olive oil

2 tablespoons white wine vinegar

1 garlic clove, minced

¼ cup fresh basil, finely chopped

¼ cup mint, finely chopped

PREPARATION

- 1 Combine the ingredients for the marinade in a sealable plastic bag or a container with a cover. Add the chicken breasts and make sure they are well covered with the marinade. Leave in the fridge for 12 hours or overnight.
- 2 Heat the BBQ on high.
- 3 Take the chicken breasts out of the marinade and brush off the herbs. Discard the marinade.
- 4 Reduce BBQ temperature to medium, brush the grill with oil and place the chicken breasts on the grill. Cover and grill for 7–8 minutes. Turn the breasts, cover and grill another 7–8 minutes or until the internal temperature reads 165°F.
- 5 Transfer the chicken breasts to a plate, cover and let rest for 10 minutes.
- 6 In a small bowl, mix the ingredients for the dressing.
- 7 Slice the chicken breasts, place them on a serving plate and sprinkle with the dressing.

Oven method: Preheat oven to 350°F. Place chicken breasts on baking sheet, lined with parchment paper. Bake for 10 minutes, turn them and add another 10 minutes of baking until the internal temperature of 165°F has been reached.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

4 Protein

Calories	273Kcal
Protein	30g
Carbohydrates	1g
Fibre	0g
Total Fat	17g
Saturated Fat	1g
Cholesterol	102mg
Sodium	53mg
Potassium	403mg
Phosphorus	257mg