



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

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Diabetic Exchanges

Protein	4
Fat	0
Carbohydrates	0