

## Two Step Lemon-Rosemary Grilled Chicken



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Yield: 8 servings

Prep Time: 5 minutes. Total Time: 40 minutes.

#### Ingredients

- 4 chicken breasts, boneless and skinless
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons fresh rosemary, minced or  
2 teaspoons rosemary, dried
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

#### Preparations

1. Place the chicken breasts in a shallow dish or reseal-able plastic bag. Mix the remaining six ingredients in a bowl. Pour the mixture over the chicken to cover thoroughly. Marinate in refrigerator for 20 minutes or up to 4 hours.
2. Preheat cleaned grill to medium-high heat. Place the chicken on the grill and cook until done, about 8 minutes each side.

#### Nutrition Facts

Serving size: 4 ounces or 1/2 breast

Amount Per Serving

Calories 174

Total Fat 6.5g

Saturated Fat 1.3g

Cholesterol 73mg

Sodium 137mg

Total Carbohydrate 0.5g

Protein 27g

Carbohydrate Serving 0

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