

Salsa Chicken

INGREDIENTS:

1/3 C lime juice
2 t minced fresh chives
2 t minced ginger
2 ea minced garlic cloves
2 T olive oil
2 t chili powder
1 C salsa (as hot as you like!)
1 ½ lb boneless, skinless chicken breasts

DIRECTIONS:

In a small pan, mix together lime juice, chives, ginger and garlic. Add olive oil and chili powder and heat to boiling over medium heat. Stir in salsa. Allow sauce to cool. Place chicken in plastic bag. Add the sauces and let marinate in the refrigerator for at least 2 hours or up to 24 hours.

Prepare outside grill with an oiled rack set 4 inches above the heat source. If using a gas grill, set heat to high setting. Grill chicken breasts for 3-4 minutes on each side, turning once and basting with extra marinade until the chicken is thoroughly cooked.

Makes 6 servings.
Calories: 223/serving

NUTRITIONAL INFORMATION PER SERVING:

30g protein
6g carbohydrates
9g fat
336 mg sodium
78mg cholesterol
1g fiber