



Italian Chicken

Instructions:

Slice the chicken very thin or pound with a tenderizer.

In a plastic bag, mix the other ingredients well to create a marinade.

Add the chicken and let it marinate for at least 15 minutes.

Grill for approximately 3 minutes on each side.

If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.

Prep Time:

10 minutes

Cook Time:

6 minutes

Ingredients:

6 oz. chicken cutlets

1/4 cup lite Italian dressing

1 TBSP. balsamic vinegar

2 tsp. mustard

1 sprig fresh basil - chopped

1 sprig fresh rosemary -
leaves removed

1 tsp. fresh lemon juice

salt & pepper to taste