



Mediterranean 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 30 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

2/3 tsp. lemon juice

1 TBSP. water

1/2 TBSP. paprika

2/3 tsp. cumin

1/2 tsp. all spice

2/3 tsp. garlic powder

1/2 tsp. ground coriander

1 tsp. olive oil

salt & pepper to taste