



## 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.

**Counts as 1 dinner main**

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### Prep Time:

10 minutes

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### Cook Time:

6 minutes

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### Ingredients:

4 1/2 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