

# GINGER GRILLED CHICKEN BREAST



Thompson  
DeLight

*Recipes under 450 calories*

## Ingredients

Servings: 4

- 1/4 cup soy sauce
  - 4 teaspoons sesame oil, divided
  - 2 tablespoons honey
  - 3 slices fresh ginger root
  - 2 cloves garlic, crushed
  - 4 skinless, boneless chicken breasts
  - 1 cup snap peas
  - 1/8 teaspoon salt
- Heat a grill to medium high.
  - Heat the soy sauce, 3 teaspoons sesame oil, honey, ginger root and garlic over low heat until the honey dissolves. Remove from the heat and let cool.
  - Place chicken breasts in a bowl. Pour the cooled soy sauce mixture over it and coat well. Cover and let marinate for 15 minutes or longer.
  - Drain the marinade from the chicken into a small saucepan. Bring the marinade to a boil and simmer over medium heat for 5 minutes. Set aside for basting.
  - Spray the grill with nonstick spray.
  - Cook the chicken on the prepared grill 6 to 8 minutes per side. Baste frequently with the remaining marinade. Cook until the internal temperature reaches 165 F.
  - While the chicken is cooking, heat the 1 teaspoon of sesame oil in a large sauté pan on medium heat. Add the snap peas and toss to coat with the oil. Cook a few minutes until cooked but still crisp. Season with the salt.
  - Serve the chicken breasts with the snap peas.

