

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.

