



RECIPE OF THE MONTH


GRILLED GARLIC-GINGER CHICKEN BREASTS

Quick and easy to prepare, this chicken tastes delicious. While the barbecue is on, grill some sweet peppers to serve along with this dish.

| | | |
|-------|-----------------------------------|--------|
| 500 g | boneless skinless chicken breasts | 1 lb |
| 25 mL | lemon juice | 2 tbsp |
| 10 mL | minced garlic | 2 tsp |
| 10 mL | minced gingerroot | 2 tsp |
| 10 mL | olive oil | 2 tsp |
| 5 mL | cumin | 1 tsp |
| | Pepper | |

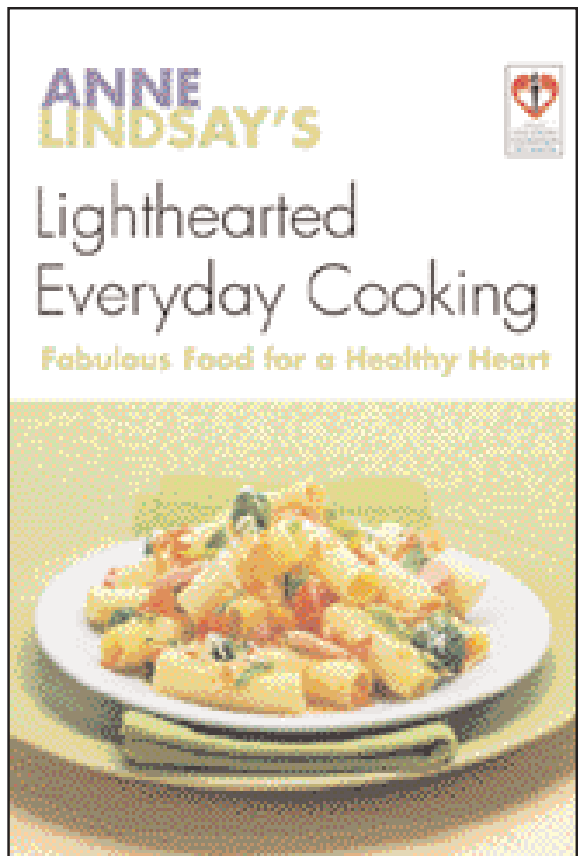
Place chicken breasts between two sheets of waxed paper; pound to 1 cm (1/2 inch) thickness.

Combine lemon juice, garlic, ginger, oil and cumin; spread over chicken. Marinate for 10 minutes at room temperature, or cover and refrigerate for up to four hours.

Grill on lightly greased grill 10 cm (4 inches) from heat, or broil, for two to three minutes on each side or until no longer pink inside. Season with pepper to taste. 

Makes four servings.

| Per Serving | |
|----------------------|--------|
| Calories | 163 |
| Total fat | 5 g |
| Saturated fat | 1 g |
| Fibre | trace |
| Protein | 26 g |
| Carbohydrate | 1 g |
| Cholesterol | 70 mg |
| Sodium | 62 mg |
| Potassium | 240 mg |
| Excellent source of: | |
| Niacin | |



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