

GRILLED CHILE-LIME CHICKEN

Ingredients:

- 2 teaspoons grated lime peel
- ¼ cup lime juice
- ¼ cup olive or vegetable oil
- 2 tablespoons chopped fresh cilantro
- ½ Teaspoon sugar
- ½ teaspoon salt
- 1 small jalapeño chile, seeded, finely chopped
- 1 clove garlic, finely chopped
- 4 boneless skinless chicken breasts (1 1/4 lb)



Directions:

To make marinade, in shallow glass or plastic dish, or resalable food-storage plastic bag, mix all ingredients except chicken.

Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick. Add chicken to marinade; turn to coat. Cover dish or seal bag; refrigerate at least 30 minutes but no longer than 24 hours.

Heat coals or gas grill for direct heat. Remove chicken from marinade; discard marinade. Cover and grill chicken over medium heat 8 to 10 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).

Recipe makes 4 servings

NUTRITION FACTS PER SERVING:

Calories 175 (Calories from Fat 65), Total Fat 7 g, (Saturated Fat 2 g, Cholesterol 75 mg; Sodium 140 mg; Total Carbohydrate 0g ; (Dietary Fiber 0g; Protein 27 g;

LOW CARB MEXICAN STYLE CAULIRICE

Ingredients:

- 1 head cauliflower, cored and broken into large clusters
- 1 can Ro-Tel tomatoes with green chilies, very well drained
- 1 tablespoon taco seasoning, reduced sodium
- 1/4 cup Mexican shredded cheese blend
- 1/4 tsp salt (optional)
- 1 tablespoon diced fresh cilantro or parsley (optional)



Directions:

Finely dice cauliflower in a food processor using the shredding plate or by hand using a box grater. The cauliflower should be about the size of cooked rice grains. Some pieces will be slightly smaller or larger, this is fine.

Place the cauliflower in a microwave safe bowl and cover. Microwave for 4-5 minutes or until the cauliflower is cooked through but still slightly firm, about the texture of cooked rice.

Mix in remaining ingredients except cilantro/parsley, stir very well. Return to microwave and heat through, 2-3 minutes or so. Stir in herbs and serve piping hot.

For a little more kick add in a pinch of cayenne or a few dashes of Tabasco.

Recipe makes 6 servings

NUTRITION FACTS PER SERVING:

Calories 43; Total Fat 1.7g; Sodium 313.8 mg; Total Carbs 5.3g; Dietary Fiber 2.4g; Protein 2.7 g

Recipe Source:

<http://www.bettycrocker.com/recipes/grilled-chile-lime-chicken/64421e15-d0cd-4e9b-9fb4-a1e6dc211447?p=1>
<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1345432>