



# GRILLED CHICKEN WITH GREEN CHILI SAUCE

Preparation Time: 30 min (*marinate overnight*)

Servings: 4

## Ingredients

- 4 chicken breasts, boneless, skinless
- ¼ cup olive oil
- 2 limes, juice only
- ¼ tsp oregano
- ½ tsp black pepper
- ¼ cup water
- 10-12 tomatillos, husks removed, cut in half
- ½ medium onion, quartered
- 2 cloves garlic, finely chopped
- 2 jalapeño peppers
- 2 Tbsp cilantro, chopped
- ¼ tsp salt
- ¼ cup low fat sour cream

## Directions

- Combine oil, juice from one lime, oregano, and black pepper in shallow, glass baking dish. Stir.
- Place chicken breasts in baking dish and turn to coat each side. Cover and refrigerate overnight. Turn chicken periodically to marinate on both sides.
- Put water, tomatillos, and onion into saucepan. Bring to gentle boil and cook uncovered for 10 minutes or until tomatillos are tender.
- In blender, place cooked onion, tomatillos, and any remaining water. Add garlic, jalapeño peppers, cilantro, salt, and juice of second lime. Blend until all ingredients are smooth. Place sauce in bowl and refrigerate.

*Directions continued on back...*

*Source: National Heart, Lung, and Blood Institute*

## Directions

...continued from front

- Place chicken breasts on hot grill and cook until done. Place chicken on serving platter. Spoon one tablespoon of low fat sour cream over each chicken breast. Pour sauce over sour cream.

## Nutrition Tips



Fire up the grill this summer for a quick and healthy meal that your whole family will love. The chicken is marinated overnight to make it tender without using a lot of added fat. If you are trying to limit sodium, using jalapenos, cilantro, and garlic as an alternative to salt will add intense flavor. Be sure to use fresh ingredients (such as fresh lime juice rather than bottled) for the best flavor. If you are new to tomatillos, they are small green fruits that look like tomatoes, and are enclosed in a green or brown leaf-like casing. They have a tangy lemony flavor and a firmer texture than the tomato.

## Nutrition Facts

Serving Size 1 breast  
Servings per Recipe 4

### Amount Per Serving

**Calories** 210

**Total Fat** 5g

Saturated Fat 1g

**Cholesterol** 73mg

**Sodium** 91mg

**Total Carbohydrate** 14g

Dietary Fiber 3g

**Protein** 29g

Potassium 780mg

