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# grilled lemon chicken

Recipe from **heart-healthy** LIVING

An oil-free marinade adds flavor and moisture to the chicken but keeps this dinner under 200 calories per serving.

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**Servings:** 4 servings

**Prep Time:** 20 mins

**Total Time:** 1 hr 32 mins

**Ingredients on sale:** 1

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### ingredients

savings in oklahoma city, 73104

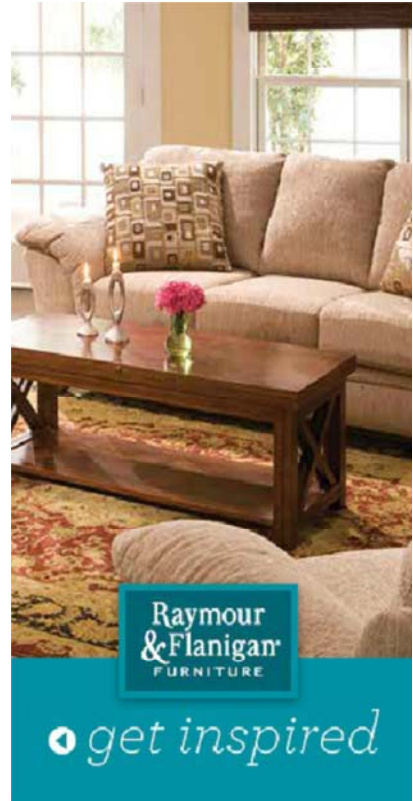
4	skinless, boneless chicken breast halves (about 1 1/4 pounds total)	<input type="button" value="see savings"/>
1/2 cup	reduced-sodium chicken broth	
1 tablespoon	finely shredded lemon peel (zest)	
1/4 cup	lemon juice	
1 tablespoon	finely snipped fresh lemon thyme or thyme	
1/4 teaspoon	ground black pepper	
2	lemons, halved	
	Fresh lemon thyme or thyme sprigs, optional	

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directions

- Place the chicken in a resealable plastic bag in a shallow bowl. For marinade, in a small bowl stir together chicken broth, lemon peel, [lemon juice](#), 1 tablespoon thyme, and pepper. Pour over chicken. Seal bag. Marinate in the refrigerator for 1 to 2 hours, turning bag occasionally. Drain chicken, reserving marinade.
- Grill chicken on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until no longer pink (170 degrees F), turning and brushing with [marinade](#) halfway through grilling. Discard any remaining marinade. Add lemon halves to grill for the last 3 minutes of grilling.
- Serve chicken with grilled lemons and, if desired, top with additional fresh [thyme](#).

nutrition information

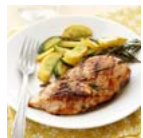
Per serving: Calories 161, Total Fat 1.8 g, Saturated Fat .5 g, Monounsaturated Fat .4 g, Polyunsaturated Fat .4 g, Cholesterol 82 mg, Sodium 140 mg, Carbohydrate 1 g, Total Sugar .2 g, Fiber .4 g, Protein 33 g. Daily Values: Vitamin A 12%, Vitamin C 8%, Calcium 2%, Iron 7%. Percent Daily Values are based on a 2,000 calorie diet

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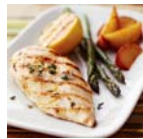
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