

Grilled Chicken & Vegetables ala Marini

Serving Size: 1/8 of recipe

Serves: 8

Ingredients:

Marinade:

- ½ cup extra virgin olive oil
- 1 tablespoon fresh basil, chopped
- 2 teaspoons fresh oregano, chopped
- 1 clove garlic, minced
- 1 pinch salt and pepper

- 3 (5 ounce) boneless chicken breasts, pounded to ~3/4 inch thickness
- 1 medium eggplant, sliced lengthwise ¼ inch thick
- 1 large zucchini squash, sliced lengthwise ¼ inch thick
- 2 yellow squash, sliced lengthwise ¼ inch thick
- 1 medium sweet onion, sliced ¼ inch thick
- 2 large tomatoes, sliced ¼ inch thick
- 1 large bell pepper, cored and cut in half
- 1 clove garlic, thinly sliced
- 3 sprigs fresh basil
- 3 sprigs fresh oregano
- ½ cup shredded mozzarella cheese
- ¼ cup grated parmesan cheese
- Black pepper to garnish

Directions

Combine the marinade ingredients. Reserve 3 tablespoons for later. Brush the vegetables and then the meat. Discard remaining marinade after brushing the chicken.

Thoroughly clean the grill and heat to medium.

On one side of the grill, grill the chicken breasts for 5 minutes on each side. Meanwhile, on the other side of the grill, grill the eggplant, squash, onion, tomatoes and bell pepper just until soft, about 3 minutes each side.

In a baking pan, layer the vegetables and chicken alternating with fresh herbs and mozzarella cheese. Drizzle the reserved marinade over the mixture. Top with remaining mozzarella and parmesan. Garnish with black pepper.

Cover with foil and finish on the grill over low heat until the cheese is melted.

Exchanges per serving:

2 Lean Meats, 2 veg, 1 Fat

Nutrients per serving:

Calories: 195
Calories from fat: 89
Total Fat: 10g
Saturated Fat: 3g
Cholesterol: 32mg
Sodium: 138mg
Carbohydrate: 12g
Dietary Fiber: 4g
Protein: 16g