

## **Grilled Rosemary-Lemon Chicken Skewers**



This rosemary, lemon and olive oil marinade gives this easy dish a Mediterranean flair. It's easy to make, light and delicious. Serve with a fresh green salad and a side of brown rice or quinoa for a complete meal.

### **Recipe: (serves 4)**

- ¼ cup fresh lemon juice
- 2 tbsp. olive oil
- 2 cloves garlic, minced
- 1 tsp. salt
- 1 lb. boneless, skinless chicken tenders
- Bamboo skewers

Combine first five ingredients in a resealable Ziploc bag. Add chicken tenders and marinate in refrigerator for about 30 minutes.

Soak Bamboo skewers in water for 30 minutes.

Heat grill to medium. Thread chicken onto bamboo skewers and grill 3-4 minutes on each side or until juices run clear.

### **Nutrition facts:**

194 calories, 24 g. protein, 2 g carbs, 7 g fat, 0 g fiber, 64 mg cholesterol, 222 mg sodium, 0.5 g sugar.