

FAVEDIETS 

19 Best Ever

Grilled Chicken Recipes



Everyday Recipes Made Lighter

19 Best Ever Grilled Chicken Recipes

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

Chicken has long since been a family dinner favorite. It's easy to cook and you can dress it up (and spice it up) in a variety of different ways. Chicken is also a perfect thing to grill when the weather permits. Grilling chicken makes it much healthier and flavorful.

If you're looking for some tasty and satisfying grilled chicken recipes, try reading our *19 Best Ever Grilled Chicken Recipes* free eBook. It will give you ideas on how to make the most of your chicken thighs, legs, drumsticks, even the whole chicken!

The recipes in this eBook will please everyone including spice, honey and even beer lovers! There really is a recipe in here for everyone.

For additional healthy recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). We take delicious recipes and make them healthy, while still maintaining (and even improving) their flavor. You can also subscribe to FaveDiets's Quick and Healthy newsletter to get free recipes delivered to your inbox every week!

Enjoy your healthy chicken recipes!

Sincerely,

The Editors of FaveDiets

<http://www.FaveDiets.com/>

www.favedietsblog.com

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Spiced Grilled Chicken Recipes:

Tomato Basil Grilled Chicken

Description

With this healthy grilled chicken recipe you have options. You can either broil or grill the chicken, making it a very versatile recipe. The tomato basil relish is a delectable addition.

Cooking Time: 7 min

Ingredients

- 2 cups fresh basil leaves, chopped finely
- $\frac{1}{3}$ cup orange juice
- 1 teaspoon balsamic vinegar
- 1 clove garlic, chopped
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 4 or 5 tomatoes, diced and cored
- 2 tablespoons extra virgin olive oil

Instructions

1. Combine basil, orange juice, vinegar, garlic, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper and tomatoes in a small bowl; refrigerate for an hour.
2. Preheat broiler with pan 4 inches from heat, or prepare grill with hot coals.
3. Rub chicken with olive oil and remaining salt and pepper.
4. Broil or grill chicken, turning frequently for 6 to 7 minutes per side, or until no longer pink in the center.
5. Top each breast with relish and serve.

Cajun Cookin' Chicken

Description

With three different peppers and two powders, this Cajun cookin' chicken is a scrumptious addition to the grilled chicken recipe family. Most grilled chicken recipes don't have this much flavor without adding fat!

Serves: 4

Ingredients

- 1 teaspoon salt
- 1 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1/2 teaspoon white pepper
- 1/2 teaspoon black pepper
- 1/2 teaspoon oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/2 cup lemon juice
- 1/4 cup vegetable oil
- 4 skinless boneless chicken breast halves

Instructions

1. Combine dry spices in small bowl.
2. In Shallow glass dish large enough to hold chicken in a single layer, place lemon juice and oil.
3. Add half of spice mix; stir to combine, and then add chicken breasts, turning to coat both sides.
4. Marinate 30 to 60 minutes at room temperature or 2 to 3 hours in the refrigerator, covered.
5. Drain chicken from marinade and sprinkle both sides with remaining seasoning mix.
6. Place breasts on hot grill with the thin ends away from the flames.
7. Cook, turning once, until just cooked through, 3 to 8 minutes per side, depending on heat intensity and thickness of meat.

Grilled Honey Ginger Chicken

Description

This healthy grilled chicken recipe is a great recipe if you need to feed a lot of people. With four pounds of chicken, grilled honey ginger chicken is sure to feed several hungry guests. Everyone will be satisfied with the taste of this dish as well as the reduced calorie count.

Serves: 4

Ingredients

- 4 pounds boneless, skinless chicken breasts, cut into pieces
- 6 tablespoons dark reduced sodium soy sauce
- 1-2 cloves garlic (peeled and mashed into a pulp)
- 2 teaspoons ginger (finely grated)
- 1 tablespoon coriander seeds (finely ground)
- $\frac{1}{4}$ teaspoon turmeric (ground)
- $\frac{1}{4}$ teaspoon cayenne pepper (add more or less according to taste)

Instructions

1. Cut each whole chicken leg into two pieces and each breast into four.
2. Cut two long, parallel, diagonal slits on each side of the leg pieces.
3. The slits should never start at an edge and should be deep enough to reach the bone; cut similar slits on the meaty side of each breast piece.
4. In a large bowl, combine the soy sauce, garlic, ginger, coriander, cayenne and honey. Mix until smooth and put the chicken in marinade.
5. Rub the marinade into all the pieces, making sure it goes deep into the slits.
6. Set aside for 1-2 hours, turning the pieces now and then.
7. Preheat the grill (broiler) to a medium high temperature (450 degrees F/220 degrees C/Gas Mark 8) and arrange the chicken pieces skin side down, in a single layer on a grilling tray.
8. Cook for 12-15 minutes or until nicely browned, basting once with the juices.
9. Turn the pieces over and cook the second side for a similar length of time, basting once or twice with the juices. The chicken should be well browned before serving.

Double Pepper Chicken

Description

Double the pepper, double the taste is the motto for this double pepper chicken. Tasty and satisfying this grilled chicken entree won't leave you feeling bloated, but instead fully satisfied.

Cooking Time: 12 min

Ingredients

- 1 1/4 boneless, skinless chicken pieces
- 1 red bell pepper, seeded and cut in half
- 2 yellow bell peppers, seeded and cut in half
- 4 teaspoons olive oil
- 1 tablespoon Cajun seasoning
- 3/4 cup half and half, room temp
- 4 cloves garlic, minced
- 2 tablespoons tomato paste
- 2 tablespoons chopped fresh basil

Instructions

1. Brush peppers with 2 teaspoons olive oil and season chicken with Cajun seasoning.
2. Place chicken and pepper halves (skin side down) on grill 4 to 6 inches from heat.
3. Grill for 6 minutes, turn chicken and grill about 6 minutes more or until peppers are tender and juices of chicken run clear.
4. In a small saucepan, heat remaining 2 teaspoons olive oil and garlic over medium heat.
5. Blend in tomato paste and half and half and basil.
6. Heat, but do not let boil. Serve chicken and peppers with cream sauce.

Herb Grilled Chicken

Description

What time is it? Time to grill some chicken that won't add another notch to your belt! This herb grilled chicken is as delicious as it is healthy. A great side dish would be some grilled vegetables.

Serves: 8

Cooking Time: 25 min

Ingredients

- 4 whole chicken breasts, skinned, halved, pierced with a fork
- $\frac{1}{3}$ cup lemon juice
- $\frac{1}{4}$ cup oil
- 2 teaspoons fresh rosemary or $\frac{1}{2}$ teaspoon dried rosemary
- 1 $\frac{1}{2}$ teaspoons chopped fresh thyme or $\frac{1}{2}$ teaspoon dried thyme leaves
- 1 clove garlic, minced
- $\frac{1}{8}$ teaspoon pepper
- Salt, if desired

Instructions

Microwave-to-grill directions:

1. Arrange chicken breasts thickest portions to outside in a 12x8 inch microwave-safe baking dish,
2. In small bowl, combine lemon juice, oil, rosemary, thyme, garlic, pepper and salt and pour over chicken.
3. Cover with plastic wrap; refrigerate 6 to 8 hours.
4. Before grilling, remove chicken from refrigerator; do not uncover.
5. Microwave chicken on HIGH for 5 to 7 minutes, or until edges of chicken begin to cook.
6. Drain; reserve marinade and immediately place chicken on grill 4 to 6 inches from medium coals or heat.
7. Cook 20 to 25 minutes or until no longer pink, turning once and brushing consistently with marinade.

Smokin' Hot Grilled Chicken

Description

This simple grilled chicken recipe is as easy to make as it is to enjoy. Its hot pepper sauce adds a kick of spicy flavor that you can leave off if you want a milder taste. Either way you choose, fiery hot grilled chicken is guaranteed to tantalize your taste buds.

Serves: 4

Cooking Time: 20 min

Ingredients

- 1 package boneless, skinless chicken breasts
- 1 tablespoon vegetable oil
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- $\frac{1}{4}$ teaspoon hot pepper sauce (or to taste)
- salt
- ground pepper

Instructions

1. Cut breasts in half. In shallow bowl, combine oil, mustard, Worcestershire sauce, pepper sauce, salt and pepper.
2. Coat chicken with mixture and grill or broil 6 to 8 inches from heat source for 10 to 20 minutes until cooked through, turning 2 to 3 times.

Chicken with Fruit Recipes:

Peach Grilled Chicken



Description Peach grilled chicken provides a healthy combination of ginger, peaches, romaine lettuce and chicken for an amazing flavor that can't quite be described or defined, but certainly enjoyed.

Serves: 4

Preparation Time: 20 min

Cooking Time: 20 min

Ingredients

- 3 tablespoons sherry vinegar
- 2 1/2 teaspoons fresh ginger, grated
- 2 teaspoons fresh rosemary, chopped finely
- 2 teaspoons granular sugar substitute
- 1/2 teaspoon red pepper, crushed
- 1/2 teaspoon salt
- 1/3 cup olive oil
- 4 boneless skinless chicken breast halves (about 2 pounds)
- freshly ground black pepper and salt
- 2 medium ripe peaches, halved (about 1 cup)
- 1 medium head romaine lettuce, cut into bite sized pieces, or mesclun mix (6 cups loosely packed)
- 1 cup French feta cheese or mild goat cheese, crumbled)

Instructions

1. For the dressing, combine vinegar, ginger, rosemary, sugar substitute, pepper flakes and salt in a small bowl. Slowly whisk in oil in a steady stream until dressing thickens.

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2. Brush chicken with 1 tablespoons of dressing and let marinate for 1 hour. Set remaining dressing aside.
3. Heat grill to medium-high after 50 minutes of marinating. Season chicken with salt and pepper and grill for 15 minutes, turning once halfway through cooking time, until just cooked through. Remove chicken from grill and place on a platter to rest.
4. Place peaches, cut-side down, on grill for 5 minutes, until softened. Cut chicken on the diagonal into 1/3-inch thick slices. Cut each peach half into 4 slices.
5. Toss greens with remaining dressing and divide on four plates. Top each salad with one-fourth of the chicken slices and one-fourth of the peach slices. Sprinkle with cheese.

For more information on healthy eating, healthy foods and a low carbohydrate lifestyle, check out the Atkins website at www.atkins.com

Nutritional Information

Net Carbs: 9.5 grams

Fiber: 2.5 grams

Protein: 59.5 grams

Fat: 29.0 grams

Calories: 542

Easy Garlic Lime Chicken



Description

Try this quick and easy garlic-lime chicken recipe on the grill or on the stove. The chicken is wonderful by itself or served with rice, but would also be excellent filling for a fajita or burrito.

Serves: 4

Preparation Time: 40 min

Cooking Time: 15 min

Ingredients

- 4 boneless, skinless chicken breast halves
- $\frac{1}{2}$ cup low-sodium soy sauce
- $\frac{1}{4}$ cup fresh lime juice
- 1 Tbsp. Worcestershire sauce
- 2 cloves garlic, minced
- $\frac{1}{2}$ tsp. dry mustard
- $\frac{1}{2}$ tsp. coarsely ground pepper

Instructions

1. Mix together soy sauce, lime juice, Worcestershire sauce, garlic and mustard. Place chicken in bowl and pour sauce over all. Cover and marinate in refrigerator 30 min.
2. Remove chicken from marinade and sprinkle with pepper.
3. Spray nonstick frying pan with butter flavored cooking spray and heat over medium temperature. Add chicken and cook about 6 minutes on each side or until fork can be inserted with ease.

Notes

You can also grill this chicken recipe.

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Grilled Garlic Citrus Chicken

Description

Sherry vinegar, fresh ginger and fresh rosemary are the three ingredients that make this grilled garlic citrus chicken the very best chicken recipe.

Serves: 4

Ingredients

- 1/4 cup olive oil
- 2 tablespoons orange juice
- 2 tablespoons lemon juice
- 1 tablespoon minced fresh rosemary
- 2 teaspoons minced garlic
- 2 teaspoons salt
- 1 teaspoon pepper
- 4 whole chicken breasts, skinned, boned and halved

Instructions

1. In a shallow dish, combine oil, juices and seasonings; add chicken breasts, turning to coat well.
2. Let marinate, covered, at least 6 hours or overnight in the refrigerator, turning occasionally.
3. Preheat a grill over high heat until hot; drain chicken breasts and thread each piece on a skewer (use rosemary skewers for extra flavor, if desired).
4. Grill until done and serve with sauce.

Notes

For Citrus Garlic Sauce:

- 1 tablespoon minced garlic
- 2 teaspoons olive oil
- 1/4 cup chicken broth
- 2 tablespoons lemon juice
- 2 tablespoons orange juice
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 tablespoons cold unsalted butter, cut into bits

1. In a saucepan sauté garlic in oil over moderately high heat until browned.
2. Add broth, juices, salt and pepper and cook until reduced by half; swirl in butter.

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Other Awesome Chicken Recipes:

Copy-Cat Chili's Margarita Grilled Chicken

Description

Who doesn't like copycat recipes? They're even better when the recipe is a healthier version of a classic favorite! Try this copy-cat chili's margarita grilled chicken for your next big meal!

Serves: 4

Ingredients

- 4 boneless, skinless chicken breasts
- 1 cup liquid margarita mix
- Freshly ground black pepper, to taste

Instructions

1. Pour margarita mix over chicken breasts and marinate for 2 hours in refrigerator.
2. Drain and dust chicken breasts with black pepper.
3. Grill chicken on a barbecue grill or on a skillet.

Terrific Grilled Chicken

Description

This grilled chicken recipe is terrific! Terrifically tasty and terrifically low in fat! The perfect dish if you want flavor without fat.

Ingredients

- 1 whole skinless chicken
- 4 cloves of garlic
- 1 teaspoon curry (powder)
- 1 tablespoon olive-oil
- dried green herbs (basilicum, parsley, oregano, and whatever you like)
- 1 teaspoon onion powder

Instructions

1. Wash the chicken with cold water and dry it off with a clean towel.
2. Brush chicken with olive oil (keep the chicken whole).
3. Stuff chicken with part of green herbs, garlic-cloves and onion powder.
4. Put rest of green herbs and curry powder all over the outside of the chicken (will stick because of the oil).
5. Spit the chicken and grill for one hour.

Double Dip Chicken and Cornmeal Pancakes

Description

Double dip chicken and cornmeal pancakes not only give you a chicken recipe, but also a pancake recipe that compliments the chicken and adds enticing flavor to the meal. This chicken recipe combo is a winner!

Serves: 4

Ingredients

- 4 boneless, skinless chicken breasts
- 1 egg, beaten
- butter substitute
- low-fat bread crumbs
- 3 bananas
- horseradish sauce
- salt and pepper

Instructions

1. Season the chicken breasts with salt and pepper to taste, dip in beaten egg with a little olive oil and roll in bread crumbs; cook in clarified butter.
2. Fry banana slices in butter substitute.
3. Make the cornmeal pancakes (refer to notes section for directions)
4. Slice chicken with cornmeal pancakes and fried sliced bananas.
5. Serve horseradish sauce separately.

Notes

Cornmeal Griddle Cakes (pancakes):

Ingredients:

- 1/4 pound fine yellow corn meal
- 1 pint boiling water seasoned with a pinch of salt
- 2-ounces butter

Directions:

1. Mix together ingredients well, boil for a few minutes.
2. Remove from the fire and let cool.
3. Add this mixture to wheat-cake batter; add enough milk to make a paste as thick as frying paste.
4. Sprinkle 1/4 pound fine yellow corn meal into 1 pint boiling water seasoned with a pinch of salt.
5. Add 2 ounces butter; mix well, boil a few minutes.
6. Remove from the fire and let cool; add this mixture to wheat-cake batter; add enough milk to make a paste as thick as frying paste.

Finger Lickin' Chicken

Description

Looking for one of our best ever grilled chicken recipes? Grilled balsamic chicken is easily a kitchen favorite. Chopped scallion and Worcestershire sauce make this chicken an enticing dish to serve at your next dinner.

Ingredients

- 2 1/2 to 3 pounds boneless, skinless chicken breasts
- 1/4 cup reduced sodium chicken broth
- 1/2 cup balsamic vinegar
- 1/3 cup chopped scallions
- 2 tablespoons Dijon mustard
- 1 tablespoon minced garlic
- 1 tablespoon sugar substitute
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dry mustard
- 1 teaspoon cracked black pepper

Instructions

1. Rinse the chicken pieces off and pat until dry.
2. Arrange the chicken in a shallow baking dish.
3. In a small bowl, combine the chicken broth, balsamic vinegar, chopped scallions, Dijon mustard, minced garlic, sugar substitute, Worcestershire sauce, dry mustard and black pepper and whisk to blend well.
4. Pour the marinade over the chicken; cover, and refrigerate for at least 24 hours, turning occasionally.
5. Preheat oven to 325 degrees F and bake for 30 to 40 minutes.
6. Remove chicken from the marinade, and save remaining marinade.
7. Place the chicken on prepared grill and cook for 5 to 6 minutes on each side, until tender, basting with the reserved marinade. Serve immediately.

Low Fat Ruby Tuesday Style Chicken Quesadilla



Description

Ruby Tuesday copycat recipes are always a favorite at home and this one is no exception. Finally enjoy the flavor of going out with less fat to make you feel guilty later. Make every day taste like going out and still eat healthily!

Ingredients

- 5 ounces skinless chicken breast halves
- Low fat Italian salad dressing, for coating
- 1 12-inch wheat tortilla
- Melted butter substitute, also for coating
- 1 cup Low fat and shredded Cheddar or Monterrey jack cheese
- 1 tablespoon plus 1/4 cup fresh tomato, diced
- 1 tablespoon jalapeno pepper, diced
- Cajun seasoning to taste
- 1/2 cup lettuce, shredded
- Low fat sour cream
- Fresh garden salsa for dipping

Instructions

1. Place skinless chicken breast in a bowl with enough low fat Italian dressing to coat; allow to marinate 30 minutes in refrigerator.
2. Grill marinated chicken until done in a pan. Cut into 3/4 inch pieces and set aside.
3. Brush one side of wheat tortilla with butter substitute and place in saucepan over medium heat.
4. On one half of tortilla, add low fat cheese, 1 tablespoon tomatoes, peppers, and Cajun seasoning (in that order). Make sure to spread to the edge of the half. Top with diced chicken, fold empty tortilla side on top, and flip over in pan so that the cheese is on top of the chicken.

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5. Cook until very warm throughout. Remove from pan to serving plate and cut into six equal wedges on one side of plate.
6. On the other side put lettuce, top with 1/4 cup tomatoes, and then top with low fat sour cream.
7. Serve with your favorite salsa in a small bowl on the side.

Grilled Brew Chicken

Description

Chicken and beer never tasted so good with this light take on a classic beer glazed chicken recipe. One of our delicious grilled chicken recipes, grilled brew chicken is guaranteed to leave you satisfied.

Cooking Time: 40 min

Ingredients

- 8 chicken breasts or chicken pieces
- $\frac{1}{3}$ cup butter substitute
- 1 $\frac{1}{2}$ teaspoons lemon juice
- 1 can light beer
- 1 teaspoon garlic salt
- 1 teaspoon lemon pepper

Instructions

1. Combine butter substitute, light beer, lemon juice, garlic, lemon pepper.
2. Pour over chicken and refrigerate for 4 to 6 hours.
3. Barbecue chicken, brush sauce over pieces as you flip them.
4. Grill for about 15 to 20 minutes per side.
5. Process until thick.

Liquid Smoke Bourbon Chicken

Description

If you've had Liquid Smoke in other recipes, you know of its immense flavor. This liquid smoke bourbon chicken recipe is no different, except for the fact that it may be healthier.

Ingredients

- 2 pounds boneless chicken breast
- 1 cup Jim Beam Bourbon whiskey
- 1/2 cup brown sugar
- 1 cup ketchup
- 1/2 teaspoon Hickory Liquid Smoke
- 2 teaspoons Worcestershire sauce
- 1/4 cup white vinegar
- 1 tablespoon fresh lemon juice
- 4 cloves garlic, minced
- 1/2 teaspoon dry mustard
- Salt and pepper, to taste

Instructions

1. Combine Bourbon, sugar, ketchup, liquid smoke, sauce, lemon juice, garlic, salt and pepper and brush chicken with thin coating of glaze and place on grill.
2. Continue to baste while turning chicken.

Hunan Grilled Chicken

Description

Hunan cuisine never seems to disappoint and neither does this Hunan grilled chicken recipe. Instead of using a frying pan you can grill this chicken on a grill and still have that authentic Chinese taste.

Ingredients

- 2 boneless skinless chicken breasts
- ½ cup reduced-sodium soy sauce
- 2 teaspoons brown sugar
- ½ cup rice wine
- 1 tablespoon sesame oil
- 1 tablespoon scallions, chopped
- ½ inch slice of ginger root

Instructions

1. Cut chicken breasts in half.
2. Mix soy sauce, brown sugar, rice wine, sesame oil, scallions and ginger root together in a shallow pan large enough to hold breasts in one layer.
3. Place chicken in marinade, turning to coat and rub marinade into breasts.
4. Marinate at least one hour, or overnight.
5. Grill chicken over hot coals or under broiler.
6. Strain marinade, bring to a boil, and serve it with chicken.

Grilled au Vin Chicken

Description

This barbecue chicken recipe has unbeatable flavor throughout! Grilled au Vin chicken is an unforgettable, tasty dish!

Serves: 6

Ingredients

- 6 chicken thighs, skinless (about 1 1/2 pounds)
- 1 teaspoon vegetable oil
- 1 teaspoon butter or margarine
- 2 tablespoons shallots, finely chopped
- 1 clove garlic, minced
- 1/4 cup red currant jelly
- 1/2 cup red wine
- 1/4 cup chicken stock or orange juice
- 1 grated orange rind
- 1/2 teaspoon dry mustard
- 1/2 teaspoon ground ginger

Instructions

1. Put chicken thighs in a freezer bag.
2. In a saucepan, heat oil and margarine; add shallots and garlic, cook over medium heat for 5 minutes or until softened.
3. Add jelly, wine, stock, orange rind, mustard and ginger.
4. Heat until the jelly has just melted. Remove from heat and cool to lukewarm.
5. Pour marinade into freezer bag with chicken, close bag, and refrigerate for at least 3 hours.
6. Drain marinade into a saucepan and bring to a boil. Reduce heat and simmer 5 minutes. Use as a basting sauce during barbecuing.
7. Turn the barbecue to medium heat. Grill for 20 minutes. Brush occasionally with marinade.
8. Turn thighs and cook another 10 to 20 minutes. Continue brushing occasionally with marinade until done.

Zesty Chicken and Pasta

Description

Use this healthy chicken recipe to add some tangy zesty flavor to your healthy cooking routine. Tart limes and tequila give this healthy chicken recipe a distinct kick that matches well with pasta.

Serves: 6

Cooking Time: 12 min

Ingredients

- 1/4 cup tequila
- 1/4 cup low sugar frozen limeade, thawed
- 1 tablespoon lime peel, grated
- 1 1/2 pounds skinless boneless chicken breast halves, cut into strips
- 1 small orange or yellow bell pepper, cut into 1/4-inch strips
- 1 1/2 cups sliced mushrooms, 4 ounces
- 1 clove garlic, finely chopped
- 1 16-ounce package uncooked low fat spinach fettuccine
- 1/2 cup reduced fat Parmesan cheese, grated

Instructions

1. Mix tequila, limeade and lime peel in medium glass or plastic bowl. Stir in chicken. Cover and refrigerate for 30 minutes.
2. Place chicken and marinade in 12-inch skillet. Stir in bell pepper, mushrooms and garlic. Cook over medium-high heat 10 to 12 minutes, stirring occasionally, until chicken is no longer pink in center.
3. Cook and drain fettuccine as directed on package. Divide fettuccine among 6 serving plates.
4. Spoon chicken mixture over fettuccine. Sprinkle with cheese. Garnish with additional grated lime peel if desired.

Notes

The chicken can also be grilled instead of fried on a skillet.

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Included in this eCookbook

- 19 Best Ever Grilled Chicken Recipes including:
 - Spiced Grilled Chicken Recipes
 - Chicken with fruit recipes
 - Other awesome chicken recipes

And more!