



Lemon-Olive Grilled Chicken

Prep 10 minutes, cook 10 minutes, serves 4

cooking spray

4 (4oz) skinless boneless chicken breast halves

1 1/2 tsp grated lemon rind divided

2 tbsp honey mustard

1 (14 oz) fat free less sodium chicken broth

1 cup of whole wheat couscous

1/4 cup sliced pimento stuffed olives

1/4 cup sliced pitted kalamata olives

2 tbsps chopped fresh basil

1 tbs fresh lemon juice

2 tsps olive oil

1/4 tsp pepper

1. Prepare grill

2. Coat grill with cooking spray. Place chicken on grill. Cook 5 minutes per side or until chicken is cooked through. Combine 1 teaspoon lemon rind with mustard, brush over chicken.

3. Bring the chicken broth to a boil in a saucepan. Stir in the couscous. Remove from heat; cover, let stand 5 minutes.

4. In a bowl, combine remaining lemon rind, olives, and remaining ingredients. Stir couscous into olive mixture. Spoon onto 4 plates, top with chicken.

Calories: 318(27% from fat), Fat 10g (sat 2g, mono 5g, poly 1g), Cholesterol 63mg, Protein

30g, Carbohydrate 29g, Sugars 2 g, Fiber 4g, Iron 2 mg, Sodium 476mg, Calcium 41mg