



Grilled Chicken Paillard

Active Time: 30 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

195.3 calories, 0.96 g carbohydrate, 0.13 g fiber, 0.83 g NET carbs, 27.37 g protein, 8.47 g fat

Ingredients

- 2 -8oz. breast(s) organic chicken, split and pounded to 1/4" thick
- 2 clove(s) organic garlic, crushed
- 1/2 tsp(s) sea salt
- 4 Tbsp(s) lemon juice
- 1/2 tbsp(s) organic lemon zest
- 2 Tbsp(s) avocado oil

Preparation

1. First, make the marinade. In a small bowl, combine garlic, oil, sea salt, lemon zest and juice.
2. Place the chicken in a large resealable plastic bag, and add the marinade. Seal the bag, and toss to coat the chicken. Transfer bag to refrigerator, and chill 10 to 15 minutes, or up to 24 hours.
3. Heat grill; when very hot, remove chicken from bag, and carefully place on hot grill. Cook about 5 minutes; discard bag and excess marinade. Turn chicken over, and continue cooking 4 to 5 minutes more. Season with salt and pepper, to taste.
4. Remove from heat and serve.

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