



Grilled Chicken and Lemon Salad

Ingredients:

Chicken:

- 3/4 cup fresh lemon juice
- 1/4 cup olive oil
- 1 tablespoon fresh thyme leaves
- 1 teaspoon salt
- 4 (6-ounce) skinless, boneless chicken breast halves

Cooking spray

Salad:

- 1 cup sugar snap peas, trimmed
- 1/2 cup red bell pepper strips
- 1/2 cup yellow bell pepper strips
- 1/2 cup (1/4-inch-thick) slices zucchini
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 lemon wedges (optional)

Makes: 4 servings.

Prep Time: 1 1/2 hours

Cook Time: 20 to 30 minutes



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Directions:

1. To prepare chicken, combine the first 4 ingredients in a large zip-top plastic bag.
2. Add chicken to bag, and seal.
3. Marinate in the refrigerator 1 hour, turning occasionally.
4. Preheat grill.
5. Remove chicken from bag; discard marinade.
6. Place chicken on a grill rack coated with cooking spray; grill 6 minutes on each side or until done.
7. Cool completely; cut into 1/4-inch-thick slices.
8. To prepare salad, cook peas in boiling water 30 seconds.
9. Drain, and rinse with cold water. Drain.
10. Combine peas and next 7 ingredients (through black pepper) in a large bowl; add chicken, tossing to combine.
11. Place 1 3/4 cups chicken salad on each of 4 plates.
12. Serve with lemon wedges, if desired.

Recipe and photo courtesy *Cooking Light* magazine.

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