

## Grilled Caribbean Chicken Breasts

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#### Ingredients:

2 tbsp fresh orange juice, plus 2 teaspoons

3/4 tsp orange peel

2 tsp olive oil

2 tsp lime juice

3/4 tsp fresh ginger, minced

2 cloves garlic, minced

1/8 tsp fresh oregano, minced

1 lb boneless skinless chicken breasts, halved

#### Instructions:

In a blender, combine all ingredients except the chicken. Pour the marinade over the chicken breasts and marinate in the refrigerator at least 2 hours or up to 48 hours. Grill or broil the chicken for about 6 minutes per side until no trace of pink remains.

#### Servings: 4

Per serving:

calories 167

fat 5.3g,

carbohydrates 2.0g,

fiber 0.1g

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