

Recipe Name: Grilled Chicken and Strawberries
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Recipe Categories: Main Dishes & Meats

Ingredients:

- 3 Tbs. balsamic vinegar
- 20 medium strawberries (unhulled)
- 4 5-oz. boneless, skinless chicken breast cutlets
- Extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 2 Tbs. chopped fresh basil

Directions:

1. In a 1-quart saucepan, boil the vinegar until reduced by half, about 2 minutes; set aside.
2. Thread 5 strawberries on each of 4 skewers. Brush the chicken cutlets with olive oil and season with salt and pepper. Heat a grill or grill pan over medium-high heat.
3. Grill the chicken and strawberries until the chicken is cooked through, 2 to 3 minutes per side, and the strawberries have slight grill marks, 1 to 2 minutes per side. Serve drizzled with a little olive oil and the reduced vinegar and sprinkled with basil.

Inutrition information (per serving):

Calories (kcal): 220, Fat (kcal): 6, Fat Calories (g): 50, Saturated Fat (g): 1.5, Protein (g): 29,
Monounsaturated Fat (g): 3, Carbohydrates (mg): 11, Polyunsaturated Fat (mg): 1, Sodium (g): 350,
Cholesterol (g): 80, Fiber (g): 2,