

## Chimichurri Chicken (Gluten Free)



Prep: 20 minutes Grill: 12 minutes

- 4 skinless, boneless chicken breast halves ( 1 to 1 ¼ pounds total)
- 3 Tbs olive oil
- ½ tsp salt
- ¼ tsp fresh ground black pepper
- 12 oz fresh young green beans
- 1 Tsp water
- ¾ cup packed fresh Italian parsley
- 1 Tbs cider vinegar
- 2 cloves garlic (halved)
- ¼ tsp crushed red pepper
- 1 lemon

1. Brush both sides of each chicken breast half with 1 tablespoon of the oil; sprinkle chicken with salt and pepper
2. Grill chicken on the rack of a covered grill directly over medium heat for 12 to 15 minutes or until no longer pink, turning once halfway through grilling time.
3. Meanwhile, steam green beans.
4. For sauce, in a small food processor or blender combine 2 tablespoons oil, a pinch of salt, parsley, vinegar, garlic and crushed red pepper. Cover and process or blend until smooth.
5. Finely shred peel from lemon. Serve chicken and beans topped with sauce and lemon peel. Squeeze lemon juice over top.

Makes 4 servings

Per serving: 281 cal., 12 g fat (2 g sat. fat), 82mg chol., 376 mg sodium, 8g carb, 3g fiber, 35g protein.

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