



Grilled Chicken with Green Chile Sauce

Serving size: 1 breast

Yield: 4 servings

Ingredients:

4 chicken breasts, skinless and boneless
¼ cup olive oil
¼ teaspoon oregano
½ teaspoon black pepper
¼ cup water
10 to 12 tomatillos, husks removed and cut in half
½ medium onion, quartered
2 cloves garlic, finely chopped
2 serrano or jalapeno peppers
2 tablespoons cilantro, chopped
¼ teaspoon salt
¼ cup sour cream, low-fat
juice of 2 limes



Directions:

1. Combine the oil, juice from one lime, oregano, and black pepper in a shallow glass baking dish. Stir. Place the chicken breasts in the baking dish and turn to coat each side. Cover the dish and refrigerate overnight. Turn the chicken periodically to marinate chicken on both sides.
2. Put water, tomatillos, and onion into a saucepan. Bring to a gentle boil and cook, uncovered, for 10 minutes or until the tomatillos are tender. In a blender, place the cooked onion, tomatillos, and any remaining water. Add the garlic, peppers, cilantro, salt, and the remaining lime juice. Blend until all ingredients are smooth. Place the sauce into a bowl and refrigerate.
3. Place the chicken breasts on a hot grill and cook until done. Place the chicken on a serving platter.





4. Spoon a tablespoon of low-fat sour cream over each chicken breast. Pour the sauce over the sour cream.

Nutrition Facts (per serving): Calories: 210, Total fat: 5 g, Saturated fat: 1 g, Cholesterol: 73 mg, Sodium: 91 mg, Calcium: 53 mg, Iron: 2 mg, Fiber: 3 g, Protein: 29 g, Carbohydrate: 14 g. Potassium: 780 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention

