

Grilled Chicken and Herbed Corn Salad

EASY recipe

16 oz. boneless skinless
chicken breasts
2 tbsp olive oil, *divided*
½ tsp salt
¼ tsp pepper
1 tsp dried basil
3 corn cobs, shucked
1 cup fresh basil, chopped
½ cup fresh mint, chopped
¼ cup grated Parmesan cheese
1 clove garlic, minced
¼ cup lemon juice



Preheat BBQ or grill to 450°F. **Put** chicken on a plate. **In** a small bowl, combine 1 tbsp olive oil with salt, pepper and dried basil. **Pour** over chicken. **Place** chicken on grill for 9-10 minutes, flipping halfway. **Cook** until internal temperature is 165°F. **Discard** leftover oil that was used on chicken. **Grill** corn cobs for 5-8 minutes, turning occasionally. **In** a blender or food processor, blend remaining olive oil, fresh basil, mint, cheese, garlic and lemon juice until combined. **When** cool to the touch, cut kernels off corn. **Stir** kernels into herb mixture and serve it over chicken.

Makes 4 servings. Per serving:

258 calories | 25g protein | 12g total fat | 3g saturated fat | 7g mono fat
2g poly fat | 15g carbohydrate | 4g sugar | 3g fiber | 463mg sodium