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Garlic and Mint Chicken Breasts

Prep Time: 15 mins

Cook Time: 12 mins

Rest Time: 4 h

Total Time: 27 mins

Ingredients

- 4 chicken, breast, (1 1/4 pounds total) skinless, boneless
- 1/2 cup(s) mint, fresh
- mint, fresh
- 1 tablespoon lemon juice
- 1 tablespoon oil, olive
- 1 tablespoon soy sauce, reduced-sodium
- 4 clove(s) garlic
- 1 teaspoon chili powder
- 1/4 teaspoon pepper, black ground
- couscous, hot cooked
- scallion(s) (green onions), grilled, whole



Recipe Tip:

Marinate 4 to 24 hours.

Preparation

1. Place chicken in a resealable plastic bag set in a shallow dish.
2. In a blender, combine the 1/2 cup mint leaves, the lemon juice, oil, soy sauce, garlic, chili powder, and pepper. Cover and blend until smooth; pour over chicken. Seal bag; turn to coat chicken. Marinate chicken in refrigerator for 4 to 24 hours.
3. Drain chicken, discarding marinade. Place chicken on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until tender and no longer pink (170°F), turning once. If desired, serve over hot cooked couscous. If desired, serve with grilled green onions and garnish with additional mint leaves.