



Lime Chicken on the Grill

- 3 tablespoons soy sauce
- 1 tablespoon Splenda or stevia
- 1 tablespoon vegetable oil
- 2 tablespoons lime juice
- 1 teaspoon chopped garlic
- 4 skinless, boneless chicken breast halves

Blend soy sauce, sweetener, vegetable oil, lime juice, and garlic. Place chicken breast halves into a shallow dish and marinate in the mixture; turn to coat. Cover, and marinate in the refrigerator at least 30 minutes—overnight is better.

Preheat an outdoor grill for high heat. Lightly oil the grill grate. Discard marinade, and grill chicken 6 to 8 minutes on each side, until juices run clear. Makes 4 servings.

Nutrition per serving: 166 calories, 25 grams protein, 6 grams fat, 2 grams carbohydrate, 735 mg sodium.