

## Chicken Breasts

WITH GREEN OLIVE CHIMICHURRI

**INSTRUCTIONS:** Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!

**ONE:** Prepare chimichurri: In the bowl of a mini food processor or blender, combine olives, garlic, parsley, mint, 3 tbsp water, vinegar, oil, oregano and pepper flakes. Pulse until mixture is well combined but still chunky. Scrape mixture into a bowl, cover and let sit at room temperature while preparing chicken. (Chimichurri can be made ahead and refrigerated in a covered bowl for up to 3 days. If made ahead, let chimichurri sit out at room temperature for 15 minutes before using.)

**TWO:** Prepare chicken: Rinse chicken under cold running water then pat dry with paper towels. Place 1 chicken breast in a plastic bag

**THREE:** Preheat a grill pan on medium-high. Grill chicken breasts for 4 minutes per side or until cooked through completely (no longer pink). Remove to a carving board and let rest for 5 minutes. Slice breasts crosswise into 1-inch pieces. Place chicken on a serving platter or divide among 4 plates and drizzle with chimichurri. Serve warm.

or between 2 sheets of plastic wrap. Using a meat mallet or rolling pin, pound gently to an even 1/4-inch thickness. Repeat with remaining chicken breast(s) then arrange them on a platter. Brush chicken on both sides with oil then season with salt and black pepper.

**FOUR:** Preheat a grill pan on medium-high. Grill chicken breasts for 4 minutes per side or until cooked through completely (no longer pink). Remove to a carving board and let rest for 5 minutes. Slice breasts crosswise into 1-inch pieces. Place chicken on a serving platter or divide among 4 plates and drizzle with chimichurri. Serve warm.

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FOLD LINE

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### CHICKEN BREASTS WITH GREEN OLIVE CHIMICHURRI

Serves 4. Hands-on time: 30 minutes. Total time: 30 minutes.



#### INGREDIENTS:

##### CHIMICHURRI

- 8 pitted green olives, rinsed and minced
- 2 cloves garlic, minced
- 1/2 cup minced fresh flat-leaf parsley
- 1/4 cup minced fresh mint
- 2 tbsp red or white wine vinegar
- 2 tbsp olive oil

- 1 tsp dried oregano

- 1/4 tsp crushed red pepper flakes

##### CHICKEN

- 1 lb boneless, skinless chicken breast halves (2 large or 4 small)
- 1 tsp olive oil
- 1/4 tsp kosher salt
- Fresh ground black pepper, to taste

**Nutrients per serving (4 oz chicken and 3 tbsp chimichurri):** Calories: 229, Total Fat: 11 g, Sat. Fat: 1.5 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 1.5 g, Carbs: 2 g, Fiber: 1 g, Sugars: 0 g, Protein: 27 g, Sodium: 420 mg, Cholesterol: 65 mg