

# **Mediterranean Grilled Chicken**

## **Author: Medifast**

**Prep Time:** 20 mins (+30 mins marinating time)

**Cooking Time:** 20 mins

### **Ingredients**

2 tablespoons olive oil  
3 tablespoons white cider vinegar  
1 teaspoon Italian seasoning  
1 clove of garlic  
1/4 teaspoon ground black pepper  
zest of half a lemon  
1 tablespoon sun-dried tomatoes, chopped  
salt and pepper to taste  
14 oz. boneless skinless chicken breast  
3/4 cup summer squash  
3/4 cup zucchini  
oregano

### **Method**

Combine all ingredients (except chicken) into a large zip-top plastic bag. Add chicken, seal bag and coat chicken with marinade. Refrigerate 30 minutes or longer for extra flavor. Remove chicken from marinade and discard marinade. Grill chicken over medium heat 6-7 minutes per side or until done. Place zucchini and squash on grill (on top of foil if desired). Sprinkle with oregano, salt and pepper. Turn once to cook thoroughly.

### **Nutrition Info.**

Cal 370 | Fat 17g | Chol 115mg | Carb 6g | Pro 48g

This recipe makes 2 servings.