

Caribbean Grilled Chicken

Serves 6

- 6 Pilgrim's Pride Boneless
Skinless Chicken Breasts
(about 5 ounces each)
- 1 orange, sliced
- 1 pineapple, cut into quarters
- 2 green, red or yellow bell
peppers, sliced into rings
- 6 green onions
- ½ cup teriyaki sauce
- 1 tablespoon crushed garlic

Place chicken, fruits and vegetables on medium-heat grill and brush with teriyaki sauce/garlic mixture. Grill chicken 3 minutes; turn, grill additional 3 minutes or until chicken has reached desired doneness. Remove vegetables after 3-4 minutes or when tender.

Nutrition Per Serving: Calories: 243
(9% from fat); Fat: 2.3g (sat 0.5g);
Carbohydrate: 19g; Protein: 35g;
Fiber: 2.6g; Cholesterol: 82mg;
Sodium: 910mg

