

Asian Grilled Chicken with Cucumber-Melon Salad

Prep Time: 15 minutes

Total Time: 40 minutes



Ingredients

- 1 garlic clove
- 2 teaspoons honey
- 1 tablespoon red wine vinegar
- 1 tablespoon soy sauce, reduced sodium
- 1 teaspoon parsley, dried
- 1/2 teaspoon ginger, ground
- 1/2 teaspoon black pepper
- 4 ounces chicken breasts, boneless/skinless, raw
- 1/4 dry cup brown rice, uncooked
- 1/3 cucumber
- 1/4 melon, cantaloupe
- 1 radish, raw
- 1 tablespoon vinegar, apple cider
- 1 piece lettuce leaf

Preparation

- Please note that this recipe requires at least 2 hours of refrigeration time, which is not reflected in the prep time.
- In a large bowl, combine garlic, honey, red wine vinegar, soy sauce, parsley, ginger and black pepper, mix well.
- Add chicken to marinade and turn to coat. Cover and refrigerate at least 2 hours, turning occasionally.
- Prepare rice according to package directions.
- While rice is cooking and chicken is marinating, peel and mince garlic. Wash produce.
- Partially peel cucumber, leaving some of the dark green to add color. Cut into bite-size pieces and place in bowl.
- Cut cantaloupe into small cubes and thinly slice radish; add to cucumber. Toss with apple cider vinegar; add fresh ground pepper, if desired. Refrigerate, covered, until chilled, about 30 minutes to an hour. Serve salad on top of lettuce leaf.
- To grill chicken, place 6 inches from white-hot coals. Brush with marinade and grill approximately 30-40 minutes, or until thoroughly cooked. Serve with chilled salad and hot rice.

Nutrition Information: Per Serving: Cal. 420 Total Fat 4.5 g; Saturated Fat 1g; Total Carbs 66 g; Fiber 5 g; Protein 30 g, Sugars 24 g.

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