

Chicken Breast Roll-ups



Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients:

- 1/4 cup fresh lemon juice
- 1 tbsp. olive oil
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 4 each boneless skinless chicken breasts
- 1/4 cup chopped parsley
- 2 tbsp. grated Parmesan cheese
- 2 tbsp. fresh chives
- 1 tsp. fresh lemon peel
- 2 each medium garlic cloves

Directions:

- Soak 16 toothpicks in hot water for 15 minutes.
- Combine the lemon juice with oil, salt, and pepper in 11x7-inch casserole dish.
- Pound chicken until it is about 3/8-inch thick.
- Place pounded chicken in lemon mixture, turning to coat.
- Cover the chicken in casserole and allow to marinate in refrigerator for at least 30 minutes.
- Pre-heat grill.
- In a small bowl, combine parsley with cheese, chives, lemon peel, and garlic.
- Remove chicken breast from refrigerator, and discard marinade.
- Spread 1/4 parsley mixture over each chicken breast, until it reaches about 1 inch from edge of chicken.
- Roll chicken, starting at narrow end, to enclose filling. Secure chicken rolls with toothpicks.
- Grill chicken over medium-hot coals (uncovered) for about 2 minutes on each side of chicken or until chicken becomes golden brown.
- Move chicken from medium-hot to low or indirect heat, cover.
- Continue grilling until the center of the chicken is no longer pink, about 5 minutes.
- Remove toothpicks from chicken, and slice into 3 or 4 pieces each.

Nutrition Facts

Makes 4 servings

Amount per serving:

Calories	183.3
Net Carbs	2.3 g
Dietary Fiber	0.3 g
Total Fat	6.2 g
Protein	27.9 g