

Bodacious Brazilian Chicken

(Number of Power foods: 2)

What you'll need:

- 1 lemon
- 1 lime
- 1 tablespoon ground flaxseed
- 1 can (8 ounces) tomato sauce
- 1 can (6 ounces) frozen orange juice concentrate
- 1 1/2 cloves garlic, minced
- 1 teaspoon dried Italian seasoning
- 4 boneless, skinless chicken breast halves
- 1 teaspoon hot pepper salsa
- 3/4 cup chunky salsa



How to Prepare:

1. Grate the zest of the lemon and lime into a resealable bag. Squeeze the juice from both fruits into the bag, and throw out the pulp and the seeds.
2. Mix in everything else except the chicken and salsa.
3. Drop in the chicken, reseal the bag, and refrigerate for a few hours.
4. Grill the chicken, turning and basting with marinade a few times, for 10 to 15 minutes or until the center is no longer pink. Serve with salsa.

Makes 4 servings. Calories per serving: 205; Protein: 29 g; Carbs: 18 g; Fat: 2 g;
Saturated fat: 0.5 g; Sodium: 726 mg; Fiber: 3 g