

Garlic Herb Chicken

Servings: 2

From <http://www.kraftrecipes.com/recipes/garden-herb-chicken-135659.aspx>

Ingredients

1 cup fresh parsley
1/2 teaspoon minced garlic
1/4 teaspoon dried thyme
1/2 teaspoon lemon zest
1/4 cup Italian dressing
1 boneless skinless chicken breast, halved horizontally and pounded to even thickness

Preparation

1) Place first 4 ingredients (through lemon zest) in food processor and pulse until coarsely chopped. Add dressing; pulse just until blended. (Do not over process.) Pour over chicken in shallow dish; turn to coat both sides of each breast. Refrigerate 30 minutes to marinate.
2) Heat grill to medium heat. Remove chicken from marinade; discard marinade. Grill chicken 5 to 7 min. on each side or until done (165°F).

Mediterranean Garbanzo Salad

Servings: 2

Slightly adapted from <http://www.wholefoodsmarket.com/recipes/2693>

Ingredients

1/2 cup grape tomatoes, halved or quartered
1 small zucchini, halved lengthwise and thinly sliced
1 (15-ounce) can garbanzo beans, rinsed and drained
4 pitted black olives, such as Kalamata, halved
4 tablespoons roughly chopped parsley
2 tablespoons Italian dressing
2 tablespoons lemon juice
Ground black pepper to taste
1/2 cup lettuce

Preparation

1) Toss together all ingredients, except lettuce, in a large bowl. Arrange lettuce on a dinner plate and top with bean mixture.