
Grilled Chicken with Green Beans and Tomatoes

This heart-healthy meal tastes great because of the flavorful vinaigrette. Makes 4 servings.



Ingredients:

1/2 cup	Fresh cilantro
1 clove	Garlic, finely chopped
2 tbsp	Fresh lime juice
1/2 tsp	Sugar
1 tbsp + 3 tsp	Olive oil
4 6 oz.	Chicken breasts, boneless and skinless
1 lb	Green beans
4	Roma tomatoes, halved lengthwise

Directions:

1. Heat grill to medium-high heat.
2. In a small bowl, mix the cilantro, garlic, lime juice, sugar and 1 tbsp of the olive oil. Set aside.
3. Rub the chicken with 1 tsp olive oil and season with ½ tsp salt and ¼ tsp pepper.
4. In a large bowl, toss the green beans and tomatoes with the remaining oil and ¼ tsp each of the salt and pepper.
5. Grill the chicken until cooked through (use a meat thermometer if you are unsure), 5-6 minutes per side.
6. Grill the green beans and tomatoes, turning the beans often and the tomatoes once until tender and charred, 3-5 minutes.
7. Serve with the vinaigrette.

To keep green beans from falling into grill, position them lengthwise across the grate. Roll beans back and forth with a spatula instead of turning with tongs.