Grilled Chicken with Spicy Raspberry Glaze

INGREDIENTS:

4 boneless skinless chicken tenderloins

Marinade
1 garlic clove, minced
¼ c. fresh cilantro, finely chopped
¼ c. fresh basil, finely chopped
1 Tbsp. fresh lime juice
2 Tbsp. vegetable oil
¼ tsp. ground pepper
1 Tbsp. low sodium soy sauce
1 Tbsp. oyster sauce

Spicy Raspberry Glaze
1 c. raspberries, divided
2 Tbsp. Rice wine vinegar
½ tsp. honey
2 Tbsp. finely chopped red onion
1 tsp. serrano pepper minced

DIRECTIONS:

Place chicken into a zip-lock bag or a resalable container. Combine all the ingredients for the marinade in a large bowl, add to chicken and refrigerate for about 1 hour. Before cooking the chicken, assemble the spicy raspberry glaze by combining the half of the raspberries (i.e. half of a cup), vinegar, and honey in a small pan. Bring the mixture to a boil, and then let simmer for 10 minutes. While the glaze is simmering, use a utensil to crush the raspberries so that there are no visible lumps in the glaze. Let the glaze cool. While the glaze cools, chop the remaining ½ cup of raspberries, red onion, and serrano pepper. Add these ingredients to the glaze and mix. Grill or pan fry the chicken over high heat for approximately 10 minutes, to an internal temperature of 165 F and top with glaze. Serve with rice and/or salad greens

NUTRITION:

Makes four servings. Each serving (4 oz. chicken plus 1 Tbsp. glaze) has 210 calories, 8 g fat, 27 g protein, 7 g carbohydrate, 0 g fiber and 340 mg sodium.