

Grilled Rosemary Chicken

Serves 4

1 pound boneless chicken breasts
1/2 cup fat free Italian dressing
1 ½ tablespoons chopped fresh rosemary

Place chicken in a glass baking dish
Pour dressing over chicken
Sprinkle with rosemary
Turn to coat
Let marinate 30 minutes or up to 2 hours

Heat grill
Remove chicken from marinade and grill till cooked through

Per serving:
144 calories
4.4g carbohydrates
1g fat
26g protein
66mg cholesterol
50mg sodium