

Pesto Chicken with Summer Squash



PREP TIME: 20 minutes

COOK TIME: 25 minutes

SERVES: 2

CALORIES PER SERVING: 219

INGREDIENTS

- 120g boneless skinless chicken breast halves
- 1 1/2 tsp olive oil
- 1 cup zucchini, or yellow summer squash, finely chopped
- 1 tbsp prepared pesto
- 1 tbsp shredded parmesan cheese
- salt and pepper

INSTRUCTIONS

- 1:** Preheat grill or grill pan to medium-high heat. Pound chicken to an even thickness in a zip-top plastic bag using the heel of your hand or a meat mallet. Brush with 1 Tbsp oil, and lightly sprinkle with salt and pepper.
- 2:** Grill chicken, covered, 5 to 6 minutes per side or until done. Cool slightly. Thinly slice chicken.
- 3:** Cut zucchini and squash into 1cm thick slices; brush with 2 Tbsp oil, and sprinkle with 1 Tbsp seasoning. Grill squash and zucchini 2 minutes per side or until browned and tender.
- 4:** Divide chicken, squash, and zucchini among 6 plates; drizzle with pesto, and serve with tomatoes.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.