

# Aspire, Perspire, Nourish Yourself

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## Easy Grilled Chicken

Makes 4-6 servings

### *Ingredients:*

4 Boneless Chicken Breasts OR Thin-Sliced Chicken Breast Fillets

### *Marinade:*

Juice of 1 lemon

1/2 tbsp oil

2 tbsps fresh cilantro, finely chopped

1 green onion, finely chopped

1/4 tsp salt

### *Directions:*

1. Slice chicken breasts to make thinner portions or use thin-sliced chicken breast fillets.
2. Combine lemon juice, oil, cilantro, green onion, salt.
3. Add chicken to marinade. Let rest in fridge for at least 1 hour.
4. Grill until no longer pink inside.
5. Can be served hot or cold.