Dinner, Mediterranean

# Grilled Pesto Chicken Breasts

Thin-cut chicken breasts are coated in pesto sauce, then grilled until cooked through and juicy. A sprinkle of fresh basil finishes each serving.

| 30 min | 230 | 1 g | 0 g |
|---|---|---|---|
| time | calories | carbs | sugars |



Gluten free

## Ingredients, 4 servings

- [ ] 1 tsp olive oil
- [ ] 1 1/4 lbs boneless, skinless chicken breasts (thinly sliced in half)
- [ ] 1/4 cup pesto sauce
- [ ] 1 tbsp fresh basil (chopped, for garnish, optional)

## Method

- [ ] **1** Begin by preheating either a grill or a grill pan to medium-high heat, then brush the cooking surface with the olive oil.
- [ ] **2** Pour the pesto sauce into a shallow dish, add the boneless, skinless chicken breasts, and turn each piece until the sauce covers every side.
- [ ] **3** Cook the chicken on the hot grill, giving each side roughly 6 to 8 minutes, until the meat reaches an internal temperature of 165 degrees F.
- [ ] **4** Transfer the grilled chicken to a plate and give it a few minutes to rest before serving.
- [ ] **5** Top each portion with a scattering of chopped fresh basil as an optional garnish.

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **230** |
| **Total fat** | 11 g |
| Saturated fat | 2 g |
| **Sodium** | 220 mg |
| **Total carbs** | 1 g |
| Fiber | 0 g |
| Total sugars | 0 g |
| **Protein** | 29 g |

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