

## Grilled Chicken and Herbed Corn Salad

EASY recipe

- 16 oz. boneless skinless chicken breasts
- 2 tbsp olive oil, *divided*
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp dried basil
- 3 corn cobs, shucked
- 1 cup fresh basil, chopped
- ½ cup fresh mint, chopped
- ¼ cup grated Parmesan cheese
- 1 clove garlic, minced
- ¼ cup lemon juice



**Preheat** BBQ or grill to 450°F. **Put** chicken on a plate. **In** a small bowl, combine 1 tbsp olive oil with salt, pepper and dried basil. **Pour** over chicken. **Place** chicken on grill for 9-10 minutes, flipping halfway.

**Cook** until internal temperature is 165°F. **Discard** leftover oil that was used on chicken. **Grill** corn cobs for 5-8 minutes, turning occasionally. **In** a blender or food processor, blend remaining olive oil, fresh basil, mint, cheese, garlic and lemon juice until combined. **When** cool to the touch, cut kernels off corn. **Stir** kernels into herb mixture and serve it over chicken.

**Makes 4 servings. Per serving:**

258 calories | 25g protein | 12g total fat | 3g saturated fat | 7g mono fat  
2g poly fat | 15g carbohydrate | 4g sugar | 3g fiber | 463mg sodium