

Grilled Raspberry Chicken

1/2 cup raspberry vinegar

1/2 cup red wine

1/4 cup Worcestershire sauce

4 cloves garlic, minced

1 tsp black pepper

2 pounds boneless, skinless chicken breasts

4 cups cooked brown and wild rice pilaf

Sprigs of watercress or parsley, for garnish

Fresh or frozen raspberries (without syrup and thawed, if frozen), for garnish

Nutritional Facts:

Calories = 280

Protein = 29g, Carbs = 26g

Fiber = 1g, Fat = 5g

Sat. Fat = 1g

Instructions:

In a large glass baking dish, combine the vinegar, wine, Worcestershire sauce, garlic, and pepper. Place the chicken in the dish, turning to coat both sides. Cover and refrigerate for 1 hour, turning the chicken after 30 minutes.

Coat a grill rack with cooking spray. Preheat the grill.

Grill the chicken over medium-hot heat, turning halfway through and brushing frequently with the marinade, for 15 minutes, or until a thermometer inserted in the thickest portion registers 160° F and the juices run clear.

Arrange the chicken on the hot pilaf on a serving platter and garnish with watercress or parsley and raspberries.

Makes 8 servings

Source: The South Beach Diet Cookbook