

# Asian Grilled Chicken and Vegetables

**Serving size:** 4 oz. grilled chicken, 1 cup vegetable • **Yield:** 6 servings • **Calories Per Serving:** 340 calories • **Prep time:** 4 hours • **Cook time:** 20 minutes

## Ingredients

- ¼ cup Soy sauce, low sodium
- ¼ cup Balsamic vinegar
- 1/3 cup Vegetable oil
- 2 tablespoons Honey
- 4 cloves Garlic, minced
- 2 tablespoons Ginger, fresh, minced
- 3 medium (1/2 cup) Scallions, thinly sliced
- 1 ½ pounds (24 oz.) Chicken breast, boneless, skinless
- 2 medium Zucchini
- 1 medium Eggplant
- 2 medium Bell pepper

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 16g	<b>21%</b>	<b>Sodium</b> 450mg	<b>20%</b>
Saturated Fat 1.6g	8%	<b>Total Carbohydrate</b> 20g	<b>7%</b>
Trans Fat 0.1g		Dietary Fiber 4g	14%
Polyunsaturated Fat 2.8g		Total Sugars 13g	
Monounsaturated Fat 9.8g		Includes 7g Added Sugars	14%
<b>Cholesterol</b> 85mg	<b>28%</b>	<b>Protein</b> 29g	<b>58%</b>
Vitamin D 0mcg	0%	Calcium 39.4mg	4%
Potassium 759mg	15%	Iron 1.6mg	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Method

1. Prepare marinade by mixing together low sodium soy sauce, balsamic vinegar, vegetable oil, honey, garlic, ginger, and scallions. Set aside about 1/3 cup of marinade for vegetables.
2. Cover chicken with marinade in a shallow dish or zip-top plastic bag and chill in refrigerator for at least 4 hours.
3. Wash and cut zucchini and eggplant length-wise into flat 1/4 inch thick slices. Cut bell peppers into ½ inch-wide long strips.
4. Begin to heat up the charcoal grill. Wait for at least 12 minutes after the first flames before placing chicken onto the grill.
5. Remove chicken from marinade, and discard any leftover marinade. Place chicken on medium heat. Cook the chicken for about 8-10 minutes on each side or until it reaches an internal temperature of 165° Fahrenheit. To decrease the grilling time and therefore decreasing the risk of PAHs further, pre-cook the chicken in the microwave before adding to the grill.
6. While the chicken is grilling, place vegetables on the grill over medium-hot coals to sear their skins. Move to a lower heat after developing a nice sear. Brush reserved marinate onto vege tables. Grill vegetables for a total of 8-10 minutes; turn every 1-2 minutes.

### Tips

Serve with brown rice, whole wheat couscous, or quinoa for a well-balanced meal.

