

Grilled Chicken Breasts with Warm Balsamic Strawberries

(Makes 4 servings)

This savory dish, from Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook, rivals those found at fine restaurants. The beauty of it is you can make this healthy masterpiece in your own home with minimal effort. Who said following a cardioprotective diet can't get the chef a standing ovation?



Ingredients: Chicken

- Four 3-ounce boneless, skinless chicken breasts, pounded thin
- Juice of 1 lemon
- 2 teaspoons extra virgin olive oil
- 2 garlic cloves, minced
- 1 ½ tablespoons chopped fresh tarragon
- ¼ teaspoon kosher salt
- Freshly ground pepper
- ½ cup Warm Balsamic Strawberries (recipe follows)
- Minced fresh chives, optional

Directions:

- 1) Place the chicken breasts in a shallow dish. In a small bowl, combine the lemon juice, oil, garlic, tarragon, salt and pepper. Pour over the chicken and marinate for 30 minutes in the refrigerator.
- 2) When ready to cook, preheat a grooved nonstick grill pan. Remove the chicken from the marinade and pat dry with paper towels. Cook 4 to 5 minutes per side, until the juices run clear when the chicken is pierced with the tip of a knife.
- 3) Serve at once with 2 tablespoons of strawberries and drizzle a bit of the liquid around the edge. Decorate with chives (if using).

Ingredients: Warm Balsamic Strawberries

- Refrigerated butter-flavor cooking spray
- 2 tablespoons minced red onion
- 2 tablespoons minced fresh chives
- 1 tablespoon dry red wine
- 2 tablespoons balsamic vinegar
- Freshly ground pepper
- 2 cups sliced fresh strawberries

Directions:

- 1) Coat a small nonstick skillet with cooking spray.
- 2) Sauté the onion over medium heat until wilted.
- 3) Add the chives, wine, vinegar and pepper and simmer for 2 minutes.
- 4) Add the strawberries and cook for another 3 minutes. They should keep their shape, but the flavors should blend.

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NOTE: If you make the full recipe, you'll have some leftover berries. Refrigerate them and serve them the next day with grilled fish or add them to a tossed green salad.

VARIATION: You could use sliced peaches, plums or nectarines in place of the strawberries.

Nutritional Analysis: (per serving)

- Calories: 130
(24% calories from fat)
- Total Fat: 3.5 g
- Saturated Fat: 0.5 g
- Protein: 20 g
- Carbohydrates: 4 g
- Dietary Fiber: <1 g
- Cholesterol: 50 mg
- Sodium: 210 mg
- Potassium: 285 mg

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.