

Grilled Chicken Tenders with *Cilantro* Pesto



- ¼ c lime juice
- ¼ c reduced-sodium soy sauce
- 1 T canola oil
- 1 t chili powder
- 1 lb chicken tenders
- 2 c loosely packed fresh cilantro leaves (1-2 bunches)
- 2 scallions, sliced
- 2 T toasted sesame seeds (see Ingredient Note)

- 1 Whisk lime juice, soy sauce, oil and chili powder in a large bowl. Reserve 2 T of the marinade in a small bowl. Add chicken to the remaining marinade; toss to coat. Marinate in the refrigerator for 20 minutes or up to 1 hour.
- 2 Preheat grill to medium-high.
- 3 Meanwhile, place cilantro, scallions, sesame seeds and the reserved marinade in a food processor and process until fairly smooth.
- 4 Oil the grill rack (see Tip). Remove the chicken from the marinade (discard marinade) and grill until cooked through and no longer pink in the middle, about 2 minutes per side. Serve the chicken with the cilantro-sesame pesto.

Ingredient Note: Sesame seeds can be purchased already toasted. Look for them near other Asian ingredients. Or toast your own in a small dry skillet over low heat, stirring constantly, until golden and fragrant, about 2 minutes.

Tip: To oil the grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Don't use cooking spray on a hot grill.)

Makes 4 servings. Per serving: 152 calories; 4 g fat (0 g sat, 2 g mono); 67 mg cholesterol; 3 g carbohydrate; 27 g protein; 1 g fiber; 290 mg sodium; 105 mg potassium. Nutrition bonus: Vitamin A (15% daily value).

Herbs and Spice and Everything Nice



Looking for an easy way to enhance the flavor of your dishes? Look no further than spices and herbs. These nature-made flavor saviors pack a powerful punch when it comes to taste – and also offer a variety of health benefits.

Spice up the flavor and bring down the fat. Choose herbs and spices over unhealthy flavor enhancers like butter and salt to lower blood pressure and cholesterol.

A sprinkle a day keeps the doctor away. Research suggests that consuming certain herbs and spices may help prevent heart disease, diabetes and cancer.

Plant the seed to freshness. Start your own container herb garden for fast access to fresh herbs whenever you need them. Just repurpose used food cans for a garden that's as simple as it is economical.

For more health information, visit sarh.org.

References:

<http://www.webmd.com/food-recipes/spices-and-herbs-health-benefits?page=1>

<http://www.hgtv.com/design/rooms/kitchens/grow-your-own-kitchen-countertop-herb-garden>



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