

Taste-of Summer Chicken

3/4 cup Italian fat-free salad dressing

3/4 cup unsweetened pineapple juice

3/4 cup white wine or white grape juice

6 boneless skinless chicken breast halves (1 1/2 pounds)

Directions

In a large reusable plastic bag, combine the salad dressing, pineapple juice and wine or grape juice. Add the chicken. Seal bag and turn to coat; refrigerate for 8 hours or overnight. Drain and discard marinade. Grill chicken, covered, over medium heat for 6-7 minutes on each side or until juices run clear.

Nutritional Facts (Per Serving): Servings: 6

Calories: 140

Fat: 3 g (1 g sat)

Carbohydrates: 3 g

Protein: 23 g

