Healthy Chicken Breast

Grilled herb chicken with cucumber-tomato salad

Prep 15 min | Cook 15 min | Additional 25 min | Serves 4 | Easy



Ingredients

- 1 1/4 pounds boneless skinless chicken breasts / 570 g
- 1 tablespoon olive oil / 15 ml, divided
- 2 tablespoons lemon juice / 30 ml, divided
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon fine salt, divided
- 1/4 teaspoon black pepper
- 1 cucumber / 300 g, diced
- 2 tomatoes / 250 g, diced
- 2 tablespoons chopped parsley / 8 g

Ingredient notes

Salad: Prepare it away from raw chicken and its cutting board.
Portions: Four servings include chicken and salad only.
Health: No calculated nutrient or disease-prevention claim is made.

Method & kitchen notes

1. Flatten chicken to 1/2 inch. Mix 2 teaspoons oil, 1 tablespoon lemon juice, oregano, garlic powder, pepper and 1/4 teaspoon salt; coat chicken and refrigerate 20 minutes.

2. Combine cucumber, tomatoes and parsley with the remaining oil, lemon juice and salt in a clean bowl; refrigerate until serving.

3. Heat a clean grill to medium-high, about 400 to 450°F (200 to 230°C). Remove chicken from marinade; discard raw-contact marinade.

4. Grill about 4 to 6 minutes per side, checking each breast for 165°F (74°C). Move away from strong flames if it browns too quickly.

5. Rest chicken 5 minutes. Use clean utensils to serve with the chilled salad.

Doneness & food safety

Measure 165°F (74°C) in the thickest center of every chicken portion; insert the probe sideways into thin cutlets. Browning, clear juices and a fixed time do not establish safety.

Tips

Keep salad cold until needed.
Flatten before marinating.

Serving

Divide chicken and cucumber-tomato salad among four plates; optional grains or bread are separate.

Storage

Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Count from the oldest cooked ingredient; assembling or reheating does not restart its storage clock.

Freezing

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator; continuous freezing preserves safety longer than the stated quality window.

Reheating

Reheat covered at 350°F (175°C) with a small splash of water or broth until the chicken center reaches 165°F (74°C). Check several pieces and avoid unnecessary extra cooking.

Recipe: https://howtocookchickenrecipes.com/healthy-chicken-breast/

Food-safety references: USDA FSIS; FoodSafety.gov.