

Grilled Lemon Herb Chicken (Healthy)

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tbsp **Big Haole's Original**
- 2 tbsp olive oil
- Juice of 1 lemon
- 1 tbsp fresh parsley, chopped (optional)

Instructions:

1. **Prepare the Chicken:**

- Rub chicken breasts with olive oil and coat evenly with **Big Haole's Original** seasoning. Squeeze lemon juice over the chicken and let marinate for 15-20 minutes.

2. **Grill the Chicken:**

- Preheat grill to medium heat. Grill chicken for 6-8 minutes per side, or until internal temperature reaches 165°F (74°C).

3. **Garnish and Serve:**

- Garnish with fresh parsley and serve with a side of steamed vegetables or a light salad.