



Grilled Chicken Dinner

Serves 2

1 cup light Italian dressing
1 teaspoon cracked red pepper
1/2 teaspoon oregano
2 cups water
2 boneless chicken breasts
wild rice and mixed vegetables as accompani-
ments

In a bowl combine well dressing, pepper, oregano, and water. Add chicken breasts and refrigerate, covered, for 3 hours.

Preheat a grill until hot. Drain chicken breasts and grill for 4 minutes on each side, or until done. Serve with wild rice and vegetables.