



MAKE EVERY BITE A MEDITATION

If you want to put healthier eating habits on the menu, mindfulness may be a simple and effective place to start!

It's not about dieting or restrictions – it's about taking a moment to take it in.

Click on the link below for easy ways to incorporate mindful eating into your day, so you can Eat Smart at every meal!



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Vietnamese Marinated Grilled Chicken with Corn-and-Avocado Salad

Ingredients

- 1 1/2 pounds boneless, skinless chicken thighs (all visible fat discarded)
- 3 tablespoons honey
- 3 tablespoons fresh lime juice
- 3 tablespoons soy sauce (lowest sodium available)
- 2 tablespoons canola or corn oil
- 2 teaspoons minced garlic
- 1 teaspoon ground ginger
- 1/2 teaspoon crushed red pepper flakes (optional)
- 6 large ears of corn, husks and silk discarded
- 2 medium avocados (halved, pitted, diced)
- 2 medium tomatoes, chopped (about 2 cups)
- 3/4 cup finely chopped fresh basil
- 2 tablespoons chopped red onion
- 1 tablespoon canola or corn oil
- 1 tablespoon plain rice vinegar or white vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

Directions

1. In a shallow glass dish, whisk together the marinade ingredients. Add the chicken, turning to coat. Cover and refrigerate for 4 to 24 hours, turning occasionally.
2. When the chicken has marinated, preheat the grill on medium high. Drain the chicken, discarding the marinade. Let the chicken stand at room temperature for 15 minutes.
3. Meanwhile, wrap each ear of corn in heavy-duty aluminum foil.
4. Grill the corn for 15 to 20 minutes, or until tender, turning occasionally. Remove from the grill. Let cool. Using potholders, carefully remove the corn from the foil.
5. Meanwhile, grill the chicken for 5 minutes on each side, or until it registers 165°F on an instant-read thermometer.
6. When the corn is cool enough to handle, using a knife, cut off the kernels from each cob. Transfer to a large bowl.
7. Stir in the remaining salad ingredients, tossing gently to combine.
8. Serve the salad with the chicken.



6 Servings



404 Calories Per Serving



26g Protein Per Serving



9g Fiber Per Serving



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