

Marinated Chicken

2 cups diet lemon lime soda
1 cup soy sauce, reduced sodium
1/2 cup olive oil
1/2 teaspoon garlic powder
1/2 teaspoon prepared horseradish
6 chicken breasts, boneless, skinless (6 oz each)

In a large re-sealable plastic bag, combine the soda, soy sauce, oil, garlic powder and horseradish; add chicken. Seal the bag and turn to coat. Refrigerate overnight. Drain and discard marinade. Grill chicken, uncovered, over medium heat for 6-7 minutes on each side, until juices run clear. Makes 6 servings.

Nutrition information per serving: 234 calories; 1 gram carbohydrate; 40 grams protein; 7 grams fat; 517 mg sodium