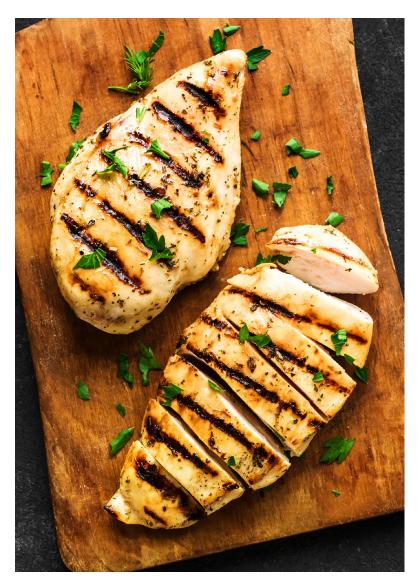


175 South Street, Morristown, NJ 07960 | 1-800-WE VISIT | Fax: 973-538-1689 | vnannj.org



Marinated Chicken Breasts

Makes 4 servings. Recipe by Robby Melvin for MyRecipes.com.

Ingredients

½ cup extra-virgin olive oil

¼ cup finely chopped fresh flat-leaf parsley

¼ cup finely chopped fresh basil

¼ cup finely chopped fresh cilantro

3 garlic cloves, finely chopped (1 Tbsp.)

1 teaspoon lemon zest plus 3 Tbsp. fresh juice (from

1 medium lemon)

1¼ teaspoons kosher salt

¼ teaspoon crushed red pepper

¼ teaspoon black pepper

4 (6-oz.) boneless, skinless chicken breasts

2 tablespoons finely chopped fresh chives

Nutritional info

Calories:	435
Total Fat:	31g
Cholesterol:	98mg
Sodium:	647mg
Protein:	38g

Directions

- 1. Stir together olive oil, parsley, basil, cilantro, garlic, lemon zest, lemon juice, salt, crushed red pepper, and black pepper in a bowl, and transfer to a large ziplock plastic bag.
- 2. Remove 2 tablespoons of mixture, and reserve.
- 3. Add chicken to bag; seal bag, and toss to coat. Chill 1 to 2 hours, turning chicken once.
- 4. Remove chicken from marinade; discard marinade. Let chicken stand at room temperature 15 minutes.
- 5. Preheat grill pan on medium-high.
- 6. Place chicken on oiled pan; grill until a thermometer registers 160°F when inserted in thickest portion of chicken breast, 5 to 6 minutes per side. Remove chicken from grill pan, and let rest 10 minutes.
- 7. Drizzle with reserved 2 tablespoons marinade, slice, garnish with chopped chives & serve.