



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.