

Grilled Lemon-Herb Chicken

Yield: 8 servings
Serving size: 6 ounces



This quick recipe demonstrates the flavor-boosting power of marinades and spotlights an easy, effective grilling technique.

Nutrition Facts	
Serving size	6 ounces (127g)
Amount Per Serving	
Calories	200
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 170mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 26g	52%
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 399mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

2 pounds boneless, skinless chicken breasts
(or substitute 2 lb boneless, 1-inch thick fish filets such as salmon or cod)
¼ cup olive oil
4 large garlic cloves, minced
2 teaspoons dried, rubbed oregano
½ teaspoon Kosher salt
1 teaspoon ground black pepper
Juice and zest from 1 lemon

DIRECTIONS

1. Place chicken breasts, two or more at a time in a gallon-sized zip top bag.
2. Using a meat mallet, pound chicken to an even ½-inch thickness.
3. Repeat with remaining chicken breasts.
4. In a small bowl, mix remaining ingredients.
5. Pour marinade into bag. Add chicken and massage the marinade until meat is evenly coated.
6. Place sealed bag in a bowl and let marinate for at least 4 hours, or overnight, in the refrigerator. Note: For class, the chicken will marinate for just 10 minutes.
7. Pre-heat grill to medium-high heat.
8. Place the chicken breasts on the grill and cook for 2–3 minutes on each side. Internal temperature of chicken should reach 165°.
9. Let meat rest for 5 minutes before serving.

Freezes well: Cool cooked chicken. Place in a freezer-safe container and freeze.

Fish option: Fish does not need to be pounded. Pour marinade into bag. Add fish filets and massage gently until evenly coated. Place sealed bag in a bowl and let fish marinate for 30 minutes to 1 hour. Cook on grill following same directions as for chicken.

