

Healthy Recipe of the Week



Use organic ingredients whenever possible.

Grilled Lemon-Parsley Chicken Breasts

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No more charred, grilled chicken breasts. This chicken can be served with a simply prepared vegetable for a light dinner. It can also be used in a sandwich or tossed with greens for a salad. The chicken should be marinated no less than 30 minutes and no more than 1 hour.

Serves 4

1 teaspoon Dijon mustard
2 tablespoons juice from 1 lemon
6 tablespoons olive oil
1 tablespoon minced fresh parsley leaves
1 teaspoon sugar
Salt and ground black pepper
3 medium garlic cloves, minced or pressed through garlic press (about 1 tablespoon)
2 tablespoons water
4 boneless, skinless chicken breasts (6 to 8 ounces each), trimmed of excess fat
Vegetable oil for cooking grate
Disposable 13 by 9-inch aluminum roasting pan

1. Whisk together mustard, 1 tablespoon lemon juice, 3 tablespoons olive oil, parsley, $\frac{1}{4}$ teaspoon sugar, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper in small bowl; set aside.
2. Whisk together remaining tablespoon lemon juice, remaining 3 tablespoons olive oil, remaining sugar, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{2}$ teaspoon pepper, garlic, and water in medium bowl. Place marinade and chicken in gallon size zipper-lock bag and toss to coat; press out as much air as possible and seal bag. Refrigerate 30 minutes, flipping bag after 15 minutes.
3. Meanwhile, **for a charcoal grill**, build modified two-level charcoal fire by arranging all hot coals over half of grill, leaving other half empty. Position cooking grate over coals, cover grill, and heat grate until hot, about 5 minutes; scrape grate clean with grill brush. Dip wad of paper towels in oil; holding wad with tongs, wipe cooking grate. Grill is ready when side with coals is medium-hot (you can hold your hand 5 inches above grate for 3 to 4 seconds).
4. Remove chicken from bag, allowing excess marinade to drip off. Place chicken on cooler side of grill, smooth-side down, with thicker side facing coals. Cover with disposable pan and cook until bottom of chicken just begins to develop light grill marks and is no longer translucent, 6 to 9 minutes. Using tongs, flip chicken and rotate so that thinner side faces coals. Cover with

- disposable pan and continue to cook until chicken is opaque and firm to touch and instant-read thermometer inserted into thickest part of chicken registers 140 degrees, 6 to 9 minutes longer.
5. Move chicken to hotter side of grill and cook, uncovered, until dark grill marks appear, 1 to 2 minutes. Using tongs, flip chicken and cook until dark grill marks appear and instant-read thermometer inserted into thickest part of chicken registers 160 degrees, 1 to 2 minutes longer. Transfer chicken to cutting board, let rest, tented with foil, 5 minutes. Slice each breast on bias into $\frac{1}{4}$ -inch thick slices and transfer to individual plates. Drizzle with reserved sauce and serve.

Lemon-Parsley Chicken Breasts on a Gas Grill:

Follow recipe for grilled lemon-parsley chicken breasts through step 2. Turn all burners to high and heat with lid down until very hot, about 15 minutes. Scrape grate clean with grill brush. Dip wad of paper towels in oil; holding wad with tongs, wipe cooking grate. Leave primary burner on high and turn off other burner(s). Proceed with recipe from step 4, grilling with lid down and omitting disposable pan. Increase browning times in step 5 by 1 to 2 minutes.