

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Grilled Chicken Caprese

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Serves 4

2 Tbsp chopped fresh basil

1 Tbsp red wine vinegar

2 garlic cloves, minced

Salt and pepper

3 Tbsp olive oil

6 ounces fresh mozzarella, cut into ¼-inch slices, halved, and patted dry (you can easily leave this off if you want to make it dairy-free)

1 ½ pounds chicken cutlets, trimmed

2 tomatoes, cored and cut into ½-inch slices

1. Combine basil, vinegar, garlic, ½ tsp salt, and ¼ tsp pepper in bowl. Slowly whisk in oil until thoroughly incorporated. Transfer 2 Tbsp vinaigrette to bowl and toss with mozzarella; reserve remaining vinaigrette.
2. Pat chicken dry with paper towels and season with salt and pepper. Grill chicken and tomatoes over hot fire until chicken is well browned and tomatoes are lightly charred, about 2 minutes per side. Transfer chicken to platter. Top with tomato slices and drizzle with reserved vinaigrette. Cover with even layer of mozzarella and tent loosely with foil. Let rest for 5 to 10 minutes. Serve.

Note: Purchase ripe but still firm tomatoes so they will hold their shape when grilled.