

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Grilled Smothered Chicken

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Serves 2

2 small boneless, skinless chicken breast halves

¼ cup your favorite vinaigrette salad dressing (make sure it doesn't contain hydrogenated oil, or corn syrup)

1 tomato, finely chopped

½ - ¾ cup very finely chopped zucchini or yellow summer squash

¼ cup chopped fresh basil, or 1 tsp. dried basil

¼ cup shredded mozzarella cheese

1. Place the chicken in a zip-top bag. Add half of the salad dressing and swish it around to coat. Refrigerate and let marinate while heating up the grill, at least 10 minutes.
2. In a medium bowl, combine the tomato, zucchini, basil and remaining dressing, toss to combine and set aside.
3. Place a large sheet of foil over half of your grill. Preheat the grill to medium heat. Remove the chicken from the bag and place on the side of the grill that does not have the foil. Discard the bag with the used marinade. Grill for about 6 minutes. Turn the chicken over and place, grilled-side up, on the foil. Top with the vegetable mix. Close the lid and grill for about 8 minutes, or until the juices run clear when poked with a fork.
4. Sprinkle with cheese and leave on the grill until the cheese is melted.