

Balsamic Grilled Chicken with Italian Herb Street Corn

Cooking class with Phillis Carey, July, 2019



CHICKEN:

- 1/4 cup balsamic vinegar
- 3 tablespoons olive oil
- 1 tablespoon brown sugar, use Swerve brown sugar if possible
- 3 cloves garlic, minced
- 1 tablespoon fresh rosemary, minced
- 2 teaspoons fresh thyme, minced
- salt and pepper to taste
- 4 boneless skinless chicken breast halves

CORN:

- 3 corn on cob, whole
- 2 tablespoons olive oil, divided use
- 2 tablespoons mayonnaise
- 2 teaspoons fresh rosemary, minced
- 1 teaspoon fresh thyme, minced
- 3 tablespoons Parmigiano-Reggiano cheese, grated fresh
- salt and pepper to taste

Per Serving (excluding unknown items): 402 Calories; 25g Fat (54.7% calories from fat); 30g Protein; 17g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 129mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. **CHICKEN:** cut chicken breasts in half, crosswise, then cut thicker end in half horizontally and pound to even thickness, about 1/2". Combine balsamic, oil, sugar, garlic, rosemary and thyme. Season marinade with salt and pepper. Remove 1/4 cup marinade and set aside.
2. Add marinade, turning to coat well. Let stand at room temp for 30 minutes or refrigerate up to 3 hours.
3. Preheat grill. Brush corn with 1 T olive oil and grill until charred over most of the surface. Remove and cut kernels off the cobs. Place corn in a bowl and once cooled some, add mayonnaise, herbs, Parm and remaining oil. Season with salt and pepper to taste.
4. Remove chicken from marinade and grill, prettier side down, for 4 minutes. Turn over and grill for 4-6 minutes or until cooked through. Brush with reserved marinade during last 2 minutes of cooking. Serve with corn on top or each piece, or on the side.