

Chicken Breasts with Citrus & Honey

Adapted from Williams-Sonoma's book: *Essentials of Grilling*



An easy grilled chicken with lots of flavor.

CITRUS HONEY MARINADE:

- 1 whole orange, zested and juiced
- 1 whole lemon, zested and juiced
- 1 whole lime, zested and juiced
- 3 tablespoons fresh chives, minced
- 1 tablespoon fresh mint, minced
- 2 tablespoons olive oil
- 2 tablespoons honey, wildflower flavor, if possible

CHICKEN:

- 6 pieces boneless skinless chicken breast halves (remove tenders for another use)
- salt and pepper, to taste
- 1 whole orange
- 1 whole lemon
- 1 whole lime
- 6 small fresh mint sprigs

Serving Ideas: This can also be made with shrimp, meaty fish or scallops.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

Use very flavorful honey in this as it makes a difference. Don't make up the marinade a day ahead as the zest will make the marinade bitter. If you have very fat chicken breasts it may take 6 minutes on each side (cut into one to make sure) and you may want to cut them in half to serve. Definitely do not overcook.

1. Finely shred the zest from the orange, lemon and lime and place in a gallon sized plastic bag. Squeeze the citrus and add juice to the bag. Add the chives, mint, oil and honey. Squish the bag to dissolve the honey. Set aside about 4-5 T. of the marinade (in two bowls - one for basting - one to drizzle on top of chicken when it's done). Refrigerate until ready to marinate the chicken.
2. Using a flat pounder, gently pound the thickest part of the chicken breast between two pieces of plastic wrap, so it is about an even thickness. Season with salt and pepper, then add to the marinade and refrigerate for at least an hour, or up to four hours maximum.
3. With the other whole citrus fruits, slice each into medium slices (at least 6 of each) and place in a separate plastic bag and refrigerate. About 30 minutes before you're ready to grill, add these slices to the marinade with the chicken.
4. Drain the chicken and blot with paper towels if necessary. Grill approximately 4 minutes per side, basting liberally with half of the reserved marinade. During the last 2 minutes of cooking, place the citrus slices on the grill (not directly on the flame or gas element) and grill one minute per side. Ideally you'll have some grill marks on the pieces. Remove to a heated plate and add the citrus slices and mint springs. Drizzle the remaining marinade over the top and serve immediately.
5. Note: if you'd like to make this a bit decadent, place the reserved marinade into a small saucepan, heat and add about 2 T. of butter, 1 T. at a time until barely melted, then drizzle THAT over the chicken before you add on the citrus slices.

Per Serving (excluding unknown items): 223 Calories; 6g Fat (24.0% calories from fat); 28g Protein; 16g Carbohydrate; 2g Dietary Fiber; 68mg Cholesterol; 79mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.