

Rosemary Garlic Chicken with Lemon

Zov: Recipes and Memories from the Heart

Zov Karamardian, Zov's Bistro



Servings: 8

1. Place chicken breast (firm side up) on a piece of plastic wrap and cover with a second piece. Gently pound chicken with a flat pounder until chicken is an even thickness. Repeat for remaining chicken pieces.
2. Whisk lemon juice, garlic, rosemary, thyme, salt, pepper and oil in a large bowl to blend. Add chicken and toss well to coat. Cover and refrigerate, tossing occasionally, for at least one hour or up to two days.
3. Prepare barbecue for medium-high heat. Grill chicken breasts until they are just cooked through and golden brown, about 3 minutes on the first side, and about 1 minute on the 2nd side. Test the interior temperature with an instant read thermometer - it should not exceed 160°F. Transfer chicken to a cutting board and slice chicken on a slant into long strips then transfer chicken to a heated platter. Garnish with parsley or rosemary and lemon wedges.

- 3 tablespoons fresh lemon juice
- 2 tablespoons minced garlic
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon salt
- 1/2 teaspoon ground black pepper
- 6 tablespoons olive oil
- 8 boneless skinless chicken breast halves
- Italian parsley or rosemary sprigs, for garnish
- lemon wedges, for garnish

Per Serving (excluding unknown items): 350 Calories; 17g Fat (44.0% calories from fat); 48g Protein; 1g Carbohydrate; trace Dietary Fiber; 151mg Cholesterol; 1277mg Sodium; trace Total Sugars; 0mcg Vitamin D; 19mg Calcium; 1mg Iron; 804mg Potassium; 472mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com