

Thrive Across America

Balsamic Marinated Chicken

Sweet-tart balsamic vinegar spiked with garlic and Italian seasoning makes a fast and flavorful marinade for chicken. Serve with sliced tomatoes and grilled eggplant slices.

Ingredients

- 1/4 cup of extra-virgin olive oil
- 1/4 cup of balsamic vinegar
- 2 cloves of garlic, minced
- 1 tablespoon of Italian seasoning
- 1 teaspoon of salt
- 1/2 teaspoon of freshly ground pepper
- 1-1 1 pounds of boneless, skinless chicken breast, (see Note)

Directions

1. Whisk oil, vinegar, garlic, Italian seasoning, salt and pepper in a bowl until well combined.
2. Place chicken in a shallow dish or 1-gallon sealable plastic bag. Add the marinade and refrigerate for at least 1 hour and up to 12 hours. Remove from the marinade and pat dry.
3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.
4. To grill: Oil the grill rack (see Tip). Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.
5. To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.

Tip:

Note: It's difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the chicken tender—removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers. If you can only find chicken breasts closer to 8- to 9-ounce each, you'll only need 2 breasts for 4 servings—cut each one in half before cooking.

Tip: Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to coat the food with cooking spray.

Make Ahead Tip:

Cover and refrigerate the marinade for up to 3 days; marinate the chicken for up to 12 hours.

Nutrition Information

Per serving: 170 calories; 1 g carbohydrates; 7 g fat (1 g sat, 5 g mono); 23 g protein; 63 mg cholesterol; 0 g dietary fiber; 200 mg potassium; 250 mg sodium. Nutrition bonus:

Provided by EatingWell.com © 2007 EatingWell® Media Group

