

GRILLED BASIL CHICKEN

INGREDIENTS

SERVES 4

¾ cup balsamic vinegar

¼ cup tightly packed fresh basil leaves,
■ gently rub produce under cold running water.

2 tbsp olive oil

1 garlic clove, minced

½ tsp salt

4 plum tomatoes, ■ scrubbed with clean vegetable brush under running water.

4 boneless skinless chicken breast halves (4 ounces each)

DIRECTIONS

■ Wash hands with soap and water.

After washing basil and tomatoes, blot them dry with clean paper towel.

Using a clean cutting board, cut tomatoes into quarters.

For marinade, place first six ingredients in a blender. Cover and process until well blended.

Place chicken breasts in a shallow dish; ■ do not rinse raw poultry. Cover with marinade. Cover dish. Refrigerate about 1 hour, turning occasionally. ■ Wash dish after touching raw poultry.

Wash hands with soap and water after handling uncooked chicken.

Place chicken on an oiled grill rack over medium heat. ■ Do not reuse marinades used on raw foods. Grill chicken 4-6 minutes per side. ■ Cook until internal temperature reaches 165 °F as measured with a food thermometer.