



Grilled Lemon Pepper Chicken

Makes: 3-4 servings

Prep Time: 35 minutes Cook Time: 6 minutes

Total Time: 1 hour

- 1/4 cup salt
- 1/4 cup sugar
- 3 to 4 boneless, skinless chicken breasts
- 1/4 cup olive oil
- 2 tbsp Worcestershire sauce
- 1 tsp honey
- 1 tsp lemon pepper, plus more for sprinkling
- 2 tsp neutral oil or olive oil
- Kosher salt to taste

In a large bowl, dissolve the salt and sugar in 1 & 1/2 quarts of cold water.

Place the chicken breasts on a clean cutting board. Cover with a sheet of plastic wrap, parchment paper, or wax paper. Use a meat mallet to pound the breasts to a thickness of 1/2 inch. Submerge the breasts in the water and leave for 30 to 60 minutes. I've also left the breasts in the brine for 3 to 4 hours without any adverse effects. I brine the breasts at room temperature if the brining period is going to be brief (under 1 hour), and I refrigerate the breasts if it's going to be longer.

Remove the breasts from the brine, and pat dry.

In a large bowl, whisk together the olive oil, Worcestershire sauce, honey, and lemon pepper. Let the breasts marinate for 15 minutes or up to 24 hours.

Heat a grill or a grill pan over medium-high heat. When it's hot, brush with 2 teaspoons of the neutral oil or olive oil. Remove the breasts from the marinade, letting the excess marinade drip off. Place the breasts on the grill or grill pan — if you are using a grill pan, you'll likely need to do this in batches. Season the top side of the breasts with salt. Sprinkle on a little more lemon

pepper at this step. Cook 3 minutes. Flip. Season the cooked side with salt, and cook for 3 minutes more or until the chicken is cooked through.

Transfer the chicken to a plate to cool. Let rest for 5 minutes before serving.

Recipe adapted from Alexandra's Kitchen