



Makes: 6 servings

Prep Time: 10 minutes Cook Time: 15 minutes

Total Time: 25 minutes plus marinate time 30 minutes minimum

Ingredients

For the Marinade:

- 2/3 cup extra virgin olive oil
- 3 tbsp balsamic vinegar
- 3 medium garlic cloves, finely minced
- finely grated zest of 1 large lemon
- 1 tbsp tomato paste
- 1 tbsp dried Italian seasoning
- 1 tbsp finely chopped fresh rosemary
- 1 tbsp brown sugar
- 1 & 1/4 tsp kosher salt
- 1/2 tsp freshly ground black pepper

For the Chicken:

- 2-2 & 1/2 pounds skinless boneless chicken breasts

Instructions

For the Marinade/Basting Sauce:

Combine all of the marinade ingredients in a small bowl or measuring cup. Reserve 1/4 cup of the marinade and set aside for grilling. Transfer the chicken pieces to a large ziplock bag. Add the remaining marinade. Squeeze the air out of the bag and seal well. Massage the bag for about 30 seconds to coat each piece with the oil mixture.

Refrigerate for at least 30 minutes and up to 24 hours.

To Grill:

Preheat the grill to medium (about 400°F). Clean and oil the grates well.

Gently shake the marinade off of each piece of chicken and place them on the grill. Discard the

remaining marinade. Cook for 3-4 minutes until light golden brown on the side facing the grill. The chicken should release easily from the grill. Flip to the other side and brush with the reserved marinade. Cook for another 2-3 minutes then flip again and brush with the oil. Continue flipping and brushing every minute until the internal temperature is 155°F with an instant thermometer. Remove from the grill to a clean plate and tent with foil for 5-8 minutes before slicing and serving.

Recipe from The Cafe Sucre Farine