

5~Star Lemon Chicken



A flavorful way to serve your family a healthy chicken dish

Serves 2

2 chicken breasts, boneless

salt and pepper

1/3c olive oil

3 lemons, zested and juiced

3 garlic cloves, minced

1t rosemary, dried

1 lemon, for garnish, halved

Sprinkle the chicken with on each side. Combine the olive oil, lemon zest, lemon juice, garlic, rosemary, and 1t pepper in a small measuring cup. Place the chicken in zip~lock bag. Pour the lemon marinade over the chicken and refrigerate for at least 4 hours or overnight. Turn the chicken 2 or 3 times while marinating.

When ready to grill, prepare a hot charcoal fire on 1 side of a grill (or turn a gas grill on low heat). Spread most of the coals across half of the grill. Place the chicken, skin side up, on the opposite side of the grill cook for 12~15 minutes, until the underside is golden brown.

Turn the chicken skin side down, and cook for another 12~15 minutes, until the skin is golden brown and the chicken is cooked through. Place the lemon halves on the cool side of the grill, cut side down for the last 10 minutes of cooking. Remove the chicken to a plate or cutting board, cover with aluminum foil, and allow to rest for 5 minutes. Cut in quarters, sprinkle with salt, and serve with the grilled lemon halves.

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