

# Grilled Chicken in White Wine Marinade



This recipe has everything necessary for a week~night dinner: it's quick, tasty and made with everything you already have in the fridge and pantry

Serves 4

1T basil, dried	2 lemons, zested & juiced	1 shallot, thinly sliced
1/2c dry white wine	2 garlic cloves, finely minced	4 ~ 6oz chicken breasts, boneless skinless
1/4c olive oil		
1T honey	1/2t black pepper	

In large zip~lock bag, mix together basil, wine, olive oil, honey, lemon juice and zest, garlic, black pepper and shallot. Mix well.

Add chicken breasts, seal tightly removing as much air as possible, and refrigerate at least 2 hours and up to 8 hours.

Remove chicken from refrigerator and allow to sit at room temperature 30 minutes.

Preheat grill to medium~high heat and spray grates with non~stick cooking spray. Remove chicken from marinade and reserve marinade. Place marinade in medium saucepan. Bring to a boil, reduce heat and simmer while chicken is cooking.

Grill chicken until cooked through and juices run clear when pierced with a fork ~ approximately 20~25 minutes total. Baste chicken with marinade several times while it is cooking.

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