

Grilled Balsamic Chicken



PREPARATION TIME

10 minutes



COOKING TIME

10 minutes



PERFECT PARTNER

baby new potatoes



To enrich the balsamic vinegar and make it taste like the expensive, vintage kind, dissolve 1 teaspoon packed dark brown sugar in the less expensive store brand balsamic vinegar before using.

SHOPPING LIST

- chicken
- balsamic vinegar

ON HAND

- thyme • rosemary
- olive oil

INGREDIENTS

- 6 skinless, boneless chicken breasts (4 ounces each)
- 3 sprigs fresh thyme or 1 teaspoon dried thyme
- 3 sprigs fresh rosemary or 1 teaspoon dried rosemary
- 1/4 cup balsamic vinegar
- 2 tablespoons olive oil

SERVES 6

COOK'N *Express*

- For attractive grill marks, pat the chicken dry when you remove it from the marinade. Then rub both sides of the meat liberally with vegetable oil. Make sure the grill is very hot before adding the chicken. Don't move the meat for 2 minutes, then rotate 45 degrees. Follow the same procedures for the other side.

Make Ahead

Prepare chicken through step 2 up to a day ahead. Marinating overnight will allow the chicken to absorb the maximum flavor possible.

1 Pierce chicken with fork. Place thyme, rosemary, vinegar and olive oil in sealable plastic bag. Knead bag to mix.

♦ VARIATION

To vary the flavor, try adding fresh flat leaf parsley and summer savory to the marinade.



2 Place chicken in the bag. Squeeze out air and seal bag. Knead chicken in bag to distribute marinade around chicken. Marinate in refrigerator.

3 Preheat grill. Remove thyme and rosemary sprigs from bag and place on coals. Brush grill rack with vegetable oil. Remove chicken from bag and place on grill over medium-hot coals.



4 Grill for 5 minutes on each side or until juices run clear when pierced a with fork.