

# Mediterranean Grilled Chicken



PREPARATION TIME  
10 minutes



COOKING TIME  
15 minutes



PERFECT PARTNER  
grilled vegetables



**MONEY SAVER**  
**Cook's**

This impressive entrée can be prepared quickly and inexpensively using only four ingredients. Always keep them on hand for when unexpected dinner guests call!

## SHOPPING LIST

- chicken breasts
- Italian salad dressing
- frozen orange juice

## ON HAND

- salt

## INGREDIENTS

- 1 cup oil-based Italian salad dressing
- 1 (6-ounce) can frozen orange juice concentrate, thawed
- 1/2 teaspoon salt
- 4 skinless, boneless chicken breasts (4 ounces each), pounded to 1/4-inch thickness

SERVES **4**

### Make Ahead

Double the recipe to make a quick and easy supper for the following night. Chop the chicken into bite size pieces and reheat in a skillet. Toss with white rice and peas.

### ♦ VARIATION

*Broil this chicken for 15 minutes instead of grilling for a year-round "barbecued" taste!*

**1** Preheat grill. Blend salad dressing, orange juice concentrate and salt in a medium bowl. Remove 1/3 of the marinade and reserve for basting.



**2** Trim any fat from chicken; pierce with a fork. Add chicken to marinade; turn to coat.



**3** Remove chicken from marinade; drain well. Discard marinade in bowl.



• To quickly thaw frozen orange juice concentrate, run the unopened can under warm running water.

• Be sure to tightly close the cap on a charcoal lighter after each use to keep out any excess moisture. Your fire will ignite much faster.



**4** Brush grill rack with oil to prevent chicken from sticking. Grill chicken, turning and basting frequently with reserved marinade, for about 15 minutes.