


Sunshine Grilled Chicken

 PREPARATION TIME
10 minutes

 COOKING TIME
20 minutes

 PERFECT PARTNER
grilled zucchini



MONEY
Cook's
SAVER

Depending on the season, lemons can cost in excess of 50 cents each. You can still enjoy this chicken dish by using frozen lemon juice concentrate. Or, freeze your own freshly squeezed juice.

SHOPPING LIST

- lemons • fresh rosemary
- chicken

ON HAND

- oil • onion • salt
- pepper

INGREDIENTS

- 1/2 cup lemon juice
- 6 tablespoons vegetable oil
- 1/4 cup chopped onion
- 1/4 cup chopped fresh rosemary or 4 teaspoons dried rosemary
- 2 teaspoons grated lemon peel
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 4 skinless, boneless chicken breasts (4 ounces each)

SERVES **4**

COOK'N Express

• Look in the housewares section of the supermarket for a special timesaving tool called a zester. It produces perfectly shredded lemon peel in a hurry.

Make Ahead

Prepare an extra recipe of sauce, with 3 additional tablespoons olive oil, and use it as a dressing for leftover chicken served over romaine lettuce.

♦ VARIATION

For a Mediterranean flavor, substitute 4 teaspoons Italian seasoning for the rosemary.

1 Preheat grill. Spray grill rack with cooking spray. Combine lemon juice, oil, onion, rosemary, lemon peel, salt and pepper in a bowl; mix well. Pour 1/2 of sauce in a large resealable plastic bag.



2 Pierce chicken in several places. Place in prepared bag; seal. Place in refrigerator for 10 minutes, turning occasionally; drain.

3 Place chicken on a medium-hot grill. Grill for 10 minutes; turn. Brush with 1/2 of reserved sauce.



4 Grill chicken, brushing frequently with remaining sauce, for about 10 minutes or until juices run clear when meat is pierced with a knife.