

Grilled Chicken Breast

Yield: 4 servings

Prep Time: 20 minutes + marinate overnight

Cook Time: 6-8 minutes on grill

Ingredients:

1- $\frac{3}{4}$ pounds boneless, skinless chicken breasts

4 tablespoons extra virgin olive oil

2-4 large garlic cloves, minced

1 teaspoon dried thyme

$\frac{1}{2}$ teaspoon dried oregano

1- $\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon freshly ground black pepper

1 lemon juiced

1 lime juiced

1 small orange juiced

1- $\frac{1}{2}$ teaspoons lemon zest (from one lemon)

1. One at a time, place the chicken breasts in a 1-gallon plastic food storage bag; using a meat mallet, pound to an even $\frac{1}{2}$ -inch thickness.
2. Mix all the ingredients except for the chicken together in a 1-gallon zip-lock (use a new bag to make sure there are no leaks). Add the chicken breasts to the bag and massage the marinade into the meat until evenly coated. Seal the bag and place in a bowl in the refrigerator (the bowl protects against leakage); let the chicken marinate for at least 4 hours or overnight.
3. Preheat the grill to high heat and oil the grates. Place the chicken breasts on the grill and cook, covered, for 2 to 3 minutes per side. Do not overcook. Transfer the chicken to a platter and serve.