

Chef
**VERONICA
EICKEN**

Herby Green Grilled Chicken

Serves 4

Nothing signals that warmer weather is finally here than when we begin to grill outdoors. Here, boneless skinless chicken breasts are marinated overnight in an herbaceous yogurt marinade that tenderizes the chicken and ensures it stays juicy and flavorful while on the grill.

The best part, half of the green sauce is reserved to become the most flavorful sauce for the grilled chicken. Serve alongside grilled vegetables and a grilled potato salad for a memorable meal that ushers in spring.



Ingredients:

- ½ cup neutral cooking oil such as canola, grapeseed, avocado or vegetable
- ¼ cup fresh Parsley leaves, destemmed
- 1 bunch fresh Cilantro with stems
- 1 bunch fresh Basil, de-stemmed
- 1 bunch fresh Mint, de-stemmed
- 4 cloves fresh Garlic
- 4 tsp freshly grated Ginger
- 1 bunch Green onions, stalks cut into fourths
- 2 Limes, zested and juiced
- ½ seeded jalapeno (can leave seeds in or use the whole jalapenos depending on spice level desired)
- 1 tsp fine Salt
- 5.3 oz container full fat greek yogurt
- 4 medium sized Rocky or Rosie boneless skinless chicken breasts (about 2 lbs total), pricked all over with a fork

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Instructions

- 1) In a blender combine the oil, all herbs, garlic, ginger, green onions, lime zest and juice, jalapenos and salt. Blend until very smooth. You may have to stop the blender and mix the ingredients a bit in order to get them to blend. Continue blending until you have a very smooth mixture.

- 2) Into a medium size bowl, take $\frac{3}{4}$ cup of this mixture and mix with the yogurt. Reserve the remaining marinade and refrigerate, covered well, it will be your sauce for the grilled chicken.

- 3) Add in your prepared chicken to the yogurt mixture and mix to coat the chicken on all sides. You can either cover the bowl or place the contents into a gallon bag. Refrigerate at least 4 hours, preferably overnight.

- 4) When ready to grill, preheat a grill to medium heat (375 F). With your hands, scrap as much of the excess yogurt marinade off the chicken as you can, but some clinging to the chicken is fine. Discard the marinade.

- 5) Place your marinated chicken breasts onto the preheated grill, and close the lid. Cook the chicken for about 6-8 minutes and flip, continue cooking for another 6-8 minutes. Cooking times may vary depending on the size of your chicken breasts. Check the internal temp with a thermometer, at 165 F your chicken is done.

- 6) Remove the chicken to a clean plate or cutting board, tent with foil and let rest.

- 7) Slice the chicken and either drizzle the reserved green sauce over the chicken or serve it in a bowl alongside the chicken.