GRILLED BASIL CHICKEN

SERVES 4

INGREDIENTS

¾ cup balsamic vinegar
¼ cup tightly packed fresh basil leaves, gently rub produce under cold running water.
2 tbsp olive oil
1 garlic clove, minced
½ tsp salt
4 plum tomatoes, scrubbed with clean vegetable brush under running water.
4 boneless skinless chicken breast halves (4 ounces each)

DIRECTIONS

Wash hands with soap and water.

After washing basil and tomatoes, blot them dry with clean paper towel.

Using a clean cutting board, cut tomatoes into quarters.

For marinade, place first six ingredients in a blender. Cover and process until well blended.

Place chicken breasts in a shallow dish; do not rinse raw poultry. Cover with marinade. Cover dish. Refrigerate about 1 hour, turning occasionally. Wash dish after touching raw poultry.

Place chicken on an oiled grill rack over medium heat. Do not reuse marinades used on raw foods. Grill chicken 4-6 minutes per side. Cook until internal temperature reaches 165 °F as measured with a food thermometer.

Recipe adapted from fightbac.org website