

GRILLED CITRUS CHICKEN BREAST

Since June is both Men's Health Month and the unofficial start to grilling season, it's the perfect time to dust off the grill and **add some new flavors to your favorite dishes**. Grilling is an excellent method of cooking lean proteins and high fiber fruits and vegetables, and even allows you to play a game of catch while you prepare dinner. Join us as we learn grilling and marinating tips and grill up delicious citrus marinated chicken.

INSTRUCTIONS

- 1 Whisk 2 tbsp. oil, orange juice, lemon juice, minced garlic, and minced rosemary in a large bowl; stir in 1 tsp. salt. Add chicken breasts; turn chicken to coat, cover, and chill overnight.
- 2 Build a medium-low fire in a charcoal grill or heat a gas grill to medium. Remove chicken breasts from marinade and set the marinade aside.
- 3 Place chicken breasts on grill, skin side up. Cover and grill, moving chicken to different spots on the rack for even cooking (without turning) until slightly charred and almost cooked through (about 20 minutes).
- 4 Turn chicken. Brush orange and lemon quarters with oil and arrange around chicken breasts on grill. Continue grilling until chicken breasts are golden brown and cooked through and orange and lemon quarters are caramelized (about 10-15 minutes).
- 5 Meanwhile, bring marinade to a boil in a small saucepan and cook until reduced to glaze consistency (about 1/3 cup); season with salt.
- 6 Transfer chicken to a platter and surround with grilled oranges and lemons for squeezing over. Spoon glaze over chicken and garnish with parsley.

SERVES
4

INGREDIENTS

- + 2 tbsp. extra-virgin olive oil
plus more for brushing
- + 1 cup fresh orange juice
- + ½ cup fresh lemon juice
- + 4 garlic cloves, minced
- + 2 tsp. fresh rosemary, minced
- + 1 tsp. kosher salt,
plus more for seasoning
- + 4 skin-on, bone-in chicken
breasts (2 ½ - 3 pounds)
- + 2 oranges, cut into quarters
- + 2 lemons, cut into quarters
- + Fresh parsley leaves

NUTRITION FACTS:

Calories 327; Total Fat 14.4g; Saturated Fat 3.2g; Total Carbohydrate 22g; Protein 28.5g;
Dietary Fiber 3.6g