SUMMER CHICKEN BREAST

INGREDIENTS

Four (4) 3 oz chicken breasts

MARINADE
2 tablespoons olive oil
2 tablespoons white wine vinegar
1 garlic clove, minced
¼ cup fresh basil, finely chopped
¼ cup mint, finely chopped

DRESSING
¼ cup olive oil
2 tablespoons white wine vinegar
1 garlic clove, minced
¼ cup fresh basil, finely chopped
¼ cup mint, finely chopped

PREPARATION

1. Combine the ingredients for the marinade in a sealable plastic bag or a container with a cover. Add the chicken breasts to the marinade mixture, making sure they are well covered with the marinade. Place in the fridge for 12 hours or overnight.

2. When ready to cook the marinated chicken breasts, heat the grill on high.

3. Take the chicken breasts out of the marinade and brush off the herbs (herbs remaining on the chicken breast during the grilling process may burn). Discard the marinade.

4. Reduce grill temperature to medium, brush the grill with oil and place the chicken breasts on the grill. Cover and grill for 7-8 minutes. Flip the chicken breasts, cover and grill another 7-8 minutes or until the internal temperature reads 165°F.

5. Transfer the grilled chicken breasts to a plate, cover with aluminum foil and let rest for 10 minutes to lock in the natural juices.

6. While the chicken is resting, mix the ingredients for the dressing in a small bowl.

7. Slice the chicken breasts, place them on a serving plate, and pour the dressing over the sliced chicken.

Oven/stove method: Don’t have a grill, no worries! Preheat oven to 350°F. Place the chicken breasts on a baking sheet that is lined with parchment paper or aluminum foil. Bake for 10 minutes, turn the chicken then bake for an additional 10 minutes or until an internal temperature of 165°F has been reached. You can also use a grill pan on the stove.
For individuals with CKD not on dialysis, reduce the amount of protein by reducing the chicken portion.