

BALSAMIC AND ROSEMARY GRILLED CHICKEN BREASTS

By: Simply Creative Chef Rob Scott

Ingredients:

Yields 4 servings

¾ cup balsamic vinegar
½ cup olive oil
1 tablespoon honey
¼ cup rosemary leaves
3 tablespoons thinly sliced garlic
2 tablespoons lemon zest
1 pinch crushed red pepper flakes, optional
4 chicken breasts, thinly sliced
Salt and freshly ground black pepper

Directions:

- In a medium bowl, combine the balsamic vinegar, olive oil, honey, rosemary, garlic, lemon zest, and red pepper flakes
- Whisk to combine and pour into a 1-gallon resealable food storage plastic bag
- Put the chicken breast in the bag and seal
- Turn to ensure the chicken is evenly coated, then refrigerate, turning occasionally, for 2-3 hours
- Preheat a grill to medium-low and brush the grates lightly with oil
- Remove the chicken from the marinade and pat dry
- Season the chicken well on all sides with salt and pepper and then place on the grill
- Cook the chicken about 6 minutes, turn, and continue to cook an additional 6 minutes or until the chicken is cooked through
- Remove from the heat and serve while hot
- Top with tomato and blue cheese