

GRILLED CHICKEN



Ingredients:

- 5 chicken breasts, rinsed in cold water
- cooking spray
- 3 T fresh parsley, chopped
- 1T rosemary, chopped
- 1 t salt
- 1 t ground pepper
- 3 T lemon juice, freshly squeezed

Directions:

1. Combine parsley, rosemary, juice, salt, and pepper.
2. Rub mixture well all over chicken breasts
3. Place breasts in a large zip-top plastic bag and seal well
4. Marinate in refrigerator 30 – 60 minutes.
5. Preheat grill to medium heat.
6. Coat grill with cooking spray.
7. Grill 30-40 minutes until internal temperature is 180°.

Makes 5 servings



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