

Dinah's Kitchen

Basic Herbed Chicken Breasts

Chicken Breasts—boned skinned, pounded

Basic Olive Oil Marinade:

1/2 cup Olive Oil

1/4 cup Lemon Juice

2 cloves Garlic—crushed

1/4 teaspoon salt

Fresh Herbs —Rosemary, Parsley

Option: bottled Lemon Herb Marinade

Combine olive oil, lemon juice, garlic, salt and herbs. Brush breasts with mixture or marinate 20 minutes. Cook on grill to desired doneness being careful not to overcook. Serve with pasta or rice and vegetables.

Use this Olive Oil Marinade on any meat, fish, or vegetable and then grill or broil.