

Balsamic-Marinated Chicken Under Bricks

Gold Kist Farms

4 Gold Kist Farms* boneless, skinless chicken breast halves

1 cup balsamic vinaigrette

1/2 cup balsamic vinegar

1/4 cup chopped fresh parsley

2 tablespoons frozen orange juice concentrate, thawed

1 tablespoon Italian seasoning

2 teaspoons crushed garlic

2 bricks wrapped in aluminum foil

Rinse chicken under cold water and pat dry with paper towels. Flatten the chicken with a mallet.

Place chicken in a large ziplock bag. Add balsamic vinaigrette, vinegar, parsley, orange juice concentrate, Italian seasoning and garlic. Squeeze air out of the bag and seal.

Gently massage the bag to combine. Marinate in the refrigerator for 1-4 hours.

Set up grill for direct grilling over medium-high heat. Oil grate when ready to start cooking. Let chicken stand at room temperature for 30 minutes.

Remove chicken from the marinade; discard marinade. Place chicken on the hot, oiled grill and place foil-wrapped bricks on top. Cook for 3-4 minutes per side, or until chicken is no longer pink and juices run clear (170°F). Makes 4 servings.

Tip: To cook indoors, omit the foil-wrapped bricks. Prepare chicken as directed. Preheat broiler. Place chicken on a foil-lined baking sheet or broiler pan. Broil 6-8 inches from heat source for 5-6 minutes per side, or until chicken is no longer pink and juices run clear (170°F). Do not overcook.

** Brands may vary by region; substitute a similar product.*

