

Grilled Lemon Rosemary Chicken

- 2 boneless, skinless chicken breasts, cut horizontally
- 3 Tablespoons olive oil
- Juice of one lemon (2-3 Tablespoons)
- 2 Tablespoons fresh rosemary, chopped finely
- 2 garlic cloves, minced (or 1 teaspoon garlic powder)
- Salt and freshly ground pepper, to taste

Put olive oil, lemon juice, rosemary, garlic, salt and pepper on a large platter and mix to incorporate. Layer the chicken pieces on to the mixture and turn to coat.

Allow to marinade for at least 15 minutes, but no longer than an hour.

Put chicken pieces on a 45-degree angle on a hot grill. Grill on high heat for about 10 minutes to begin, then turn a quarter turn. Allow grill marks to appear, then turn meat to other side. Depending on the thickness of the meat, allow to cook for 5-7 minutes before turning another quarter turn to produce the criss-cross grill marks.

You can also cook this indoors in the skillet of your choice, of course. Just be sure to get a good browning on either side and don't cook it till it is dry and unappetizing. 😊