



Grilled Chicken Breasts with Sautéed Tomatoes, Garlic & Basil

By Judith Friedman

The chicken can be marinated for 1 hour or up to 2 days. While it's grilling, make the tomato dish. The chicken cooks in 15 minutes.

4 servings

Prep Time: 1 1/2 hours, including marinating time

Cook Time: 10 minutes

Ingredients

Marinade:

- 1/4 cup extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 3 garlic cloves, minced
- 1 tablespoon parsley, roughly chopped
- 1/4 teaspoon salt
- freshly ground black pepper
- 4 boneless, skinless chicken breasts

Tomatoes:

- 1 tablespoon extra virgin olive oil
- 1 pint cherry tomatoes
- 2 garlic cloves, minced
- 3 tablespoons thinly sliced fresh basil
- salt & freshly ground black pepper
- 1 bunch watercress, thick stems removed
- 1 ounce parmesan reggiano, grated (optional)

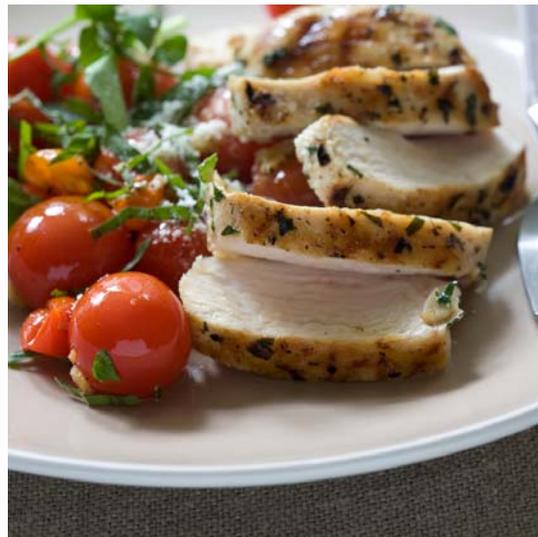


Photo: Lori Eanes Photography

Instructions

Make the marinade:

In a small bowl, whisk together the oil, lemon juice, garlic, parsley, salt and pepper. Add the chicken and marinade to a gallon-sized plastic zipped bag and seal. Flip the bag and press the marinade into the chicken from time to time. Leave at room temperature for 1 hour if using within the hour. Refrigerate if marinating longer than 1 hour; remove from the refrigerator 1 hour before ready to grill.

Warm a grill pan over medium-low heat for about 5 minutes. Remove the chicken from bag with tongs, letting excess marinade drop into bag. Raise the heat to medium-high and grill the chicken for 10 minutes on the first side; do not move the chicken. Flip the chicken and cook for 7-8 minutes, until firm.

Transfer the chicken to a cutting board; let rest for about 10 minutes. Cut into slices.

While chicken is cooking, heat a medium skillet over medium-high heat until hot. Add the oil and tomatoes and sauté for 1 minute, tossing frequently. Stir in the garlic and cook for 30 seconds. Remove the pan from the heat, stir in the basil, a sprinkling of salt and pepper to taste, and serve over the watercress. Sprinkle Parmesan on top. Top with sliced chicken and serve immediately.