

Chicken with Chimichurri Sauce



INGREDIENTS

(Makes 4-6 servings)

- 4 boneless, skinless chicken breast halves
- 1 cup fresh flat leaf parsley, chopped
- 1/2 cup red wine vinegar
- 1 lemon, juiced and zest (zest optional)
- 1/2 cup olive oil
- 1/4 cup fresh oregano, chopped
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika or smoked paprika
- 3 cloves fresh garlic, minced
- Salt and pepper to taste

PREPARATION

1. Preheat outdoor grill for high heat and lightly oil grate or coat with non-stick cooking spray.
2. Rub chicken breast halves with salt and pepper. Place on prepared grill and cook 10–15 minutes each side or until meat thermometer registers 165 degrees F.
3. Using a food processor or blender, process all sauce ingredients until well-blended. (The sauce is usually chunky, like a pesto rather than smooth, like a puree.)
4. Serve on grilled chicken (or steak or mix with grilled vegetables).

Hint: The sauce is great if prepared the day or morning before using.

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SHOPPING LIST

Produce

1 bunch flat leaf parsley
Fresh oregano
Fresh garlic
Lemon

Grocery

Red wine vinegar
Olive oil

Meat/Poultry/Seafood

Boneless, skinless chicken breasts (2–4)

Spices/Seasonings

Crushed red pepper flakes
Ground cumin
Paprika or smoked paprika
Salt
Ground black pepper

SERVING SUGGESTION

Spice up your favorite grilled creation—chicken, steak, pork chops or vegetables—and serve with your favorite summer green salad.

NUTRITIONAL INFORMATION

Per Serving: 294 calories, 9 g. fat, 122 mg. cholesterol, 4 g. carbohydrate, 0 g. dietary fiber, 30 g. protein, 292 mg. sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Christie Borders, Bloomington, Ind.

