

Garlic and Mint Chicken Breasts

Ingredients

1/2 c Mint Leaves
1 T Lemon Juice
1 T Olive Oil
1 T Soy Sauce
1 t Chili Powder
1/4 t Black Pepper
4 clv Garlic
1 1/2 lb Boneless Chicken Breast
Halves

Instructions

1. For marinade, in a blender combine mint leaves, lemon juice, oil, soy sauce, chili powder, pepper, and garlic. Cover and blend until smooth.

2. Butterfly chicken and cut in halve. Place chicken in a self-sealing plastic bag set in a shallow dish. Pour marinade over chicken. Seal bag; turn to coat chicken. Marinate in refrigerator for 4 to 24 hours, turning bag occasionally.

3. Drain chicken, discarding marinade. For a charcoal grill, place chicken on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until no longer pink (170°F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place chicken on grill rack over heat.

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Cover and grill as above.)