

Grilled Lemon-Parsley Boneless Chicken Breasts

For this recipe the chicken is marinated before grilling and is served with a lemon-parsley-mustard sauce. Makes a nice summer meal served with ratatouille, steamed or grilled vegetables. Pan Roasted Asparagus with Red Peppers and Goat Cheese makes a great combination too <https://catherinechristiano.com/2020/05/19/pan-roasted-asparagus-with-red-peppers-and-goat-cheese/> . Pairs well with Lemon - Spinach Couscous Salad <https://catherinechristiano.com/2020/07/19/lemon-spinach-couscous-salad/>.

From *Cook's Illustrated* magazine, Sandra Wu, July & August 2007, no 87, p 11.

Prep Time	Cook Time	Marinating Time	Total Time
15 mins	35 mins	30 mins	1 hr 20 mins

Course: < 30 Min Prep w/Longer Cook Time, Grill, Main Course - Chicken - Poultry

Servings: 4 servings Author: Catherine Christiano

Ingredients

Lemon-Parsley-Mustard Sauce

- 1 teaspoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 3 tablespoons olive oil
- 1 tablespoon minced fresh flat-leaf parsley
- 1/4 teaspoon sugar
- 1/4 table salt
- 1/2 teaspoon ground black pepper

Marinade

- 1 tablespoon fresh lemon juice
- 3 tablespoons olive oil
- 1 teaspoon sugar
- 1/2 teaspoon pepper
- 3 medium garlic cloves minced or pressed, about 1 tablespoon
- 2 tablespoons water

Chicken

- 4 boneless skinless chicken breasts (6 to 8 ounces each), trimmed of fat
- vegetable oil for cooking grate
- disposable aluminum pan for grilling

Instructions

Lemon-Parsley-Mustard Sauce

1. In small bowl add all sauce ingredients, whisk to combine; set aside.

Marinade

1. In medium bowl add all marinade ingredients, whisk to combine. Place marinade and chicken in gallon-size zipper-lock bag. Toss to completely coat chicken. Press out air and seal bag. Marinate 30 minutes in refrigerator, turning bag after 15 minutes.

Chicken

1. Preheat grill 15 minutes in advance. Scrape grates clean with grill brush. Dip wad of paper towels in oil; use tongs to wipe cooking grate. Leave primary burner on high and turn off other burners.
2. Allowing excess marinade to drip off chicken and place on cooler side of grill, smooth-side down and thicker side facing coals. Cover with disposable aluminum pan and cook until bottom of chicken just begins to develop light grill marks and is no longer translucent, 6 to 9 minutes. Using tongs, flip chicken and rotate so that thinner side faces coals. Close grill cover and continue to cook until chicken is opaque and firm to touch and instant-read thermometer inserted into thickest part of chicken registers 140 degrees, 6 to 9 minutes longer.
3. Move chicken to hotter side of grill and cook, uncovered, until dark grill marks appear, 2 to 4 minutes. Using tongs, flip chicken and cook until dark grill marks appear and instant-read thermometer inserted into thickest part of chicken registers 160 degrees, 2 to 4 minutes longer. Transfer chicken to cutting board, let rest, tented with foil, 5 minutes. Slice each breast on bias into 1/4 inch thick slices. Transfer to serving platter, drizzle with reserved sauce and serve.

Notes

Leftovers make great sandwiches or a nice salad tossed with greens.