

Chicken with Italian Salsa

Courtesy of Carole's Creations

Prep Time: 20 minutes

Marinade Time: 1 hour

Cooking Time:

Serves: 4

CChints: There is a big difference when a recipe calls for 1/3 cup fresh basil, chopped and 1/3 cup chopped fresh basil. 1/3 cup fresh basil, chopped – refers to 1/3 cup of leaves, chopped will give you less than 1/3 cup. 1/3 cup chopped – means you keep chopping leaves until you get 1/3 cup chopped. It could take 2/3 cup or more of leaves to get 1/3 cup “chopped”.

If you have frozen orange peels in your freezer that are left over from other recipes asking for fresh orange juice, now is the time to get them out and use them in this recipe. Just run them under cold water before zesting. You can probably get 1 tablespoon of juice that is needed for this recipe by just squeezing the rinds. Or, you can purchase 1 orange, squeeze the juice and freeze what you don't use for another use. Save the rinds in a bag in the freeze for around 6 months.



Salsa:

2 -15 ounce can diced tomatoes, drained or 2 cups fresh tomatoes, chopped
1/3 cup chopped fresh basil
1/8 cup chopped fresh oregano
1/4 cup sweet onion, Vandalia, Walla Walla, etc.
2 teaspoons orange zest
1 glove minced garlic, fresh or from a jar
1/2 teaspoon balsamic vinegar
1/2 teaspoon salt and a dash of pepper
2 Tablespoons chopped, fresh cilantro

Chicken:

1 Tablespoon fresh lemon juice
1 Tablespoon fresh orange juice
1 Tablespoon olive oil
2 tablespoons balsamic vinegar
1 Tablespoon Dijon mustard
1 Tablespoon chopped fresh oregano
dash of pepper
1 teaspoon garlic salt
1/2 teaspoon dried Italian seasoning
4 boneless, skinless chicken breasts
1 Tablespoon of olive oil

4 servings of Spanish rice from a box or bag that has rice and seasoning packet.

The salsa and the chicken needs to sit in the refrigerator, separately, for 1 hour. Since the salsa takes longer to prepare, do that one first. In a mixing bowl combine the tomatoes through salt and pepper. Stir, cover and refrigerate for 1 hour.

For the chicken, rinse, cut off any excess fat and place in a sealable bag. In a mixing bowl, combine the lemon juice through Italian season and pour into the bag with the chicken. Put the bag in a larger pan incase it tries to leak. Marinade for 1 hour, turning a few times to keep the marinade touching all the pieces.

During this time, wash everything that came in contact with the raw chicken and do a little clean up. Check the package directions on your rice. The cooking time for the chicken will be 12-14 minutes so you want to start cooking the rice so it is done at the same time as the chicken. Also this is a good time to start thinking about when you want to cook any side vegetable.

After 1 hour remove the chicken and salsa from the refrigerator. Add the cilantro to the salsa, stir and set aside. Preheat your grill pan over medium heat and spread the oil around evenly in the pan. When the pan is hot, remove the chicken from the bag and place them directly on the grill pan. Throw away the bag and marinade. Cook for 5 minutes on the first side being careful not to move them because you want the grill marks. Gently lift one piece and check for brown grill marks. If they are there, carefully turn each piece over and cook for another 6-8 minutes, covered until the chicken is done.

To plate, put a serving of rice on each plate and top with a piece of chicken. Spoon about 1/2 cup salsa over both and serve your side vegetable. Enjoy!