

Fresh Herb Chicken with Aloli

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 30 minutes

Serves: 4

CChints: Aloli is usually a mayonnaise based sauce that can be flavored with different items like lemons, roast red bell pepper and fresh herbs. You will want to prepare the aloli first so that the flavors have time to blend together. Invest in a microplane to zest lemons, limes and oranges. The zest add a punch that you can't get From the juice alone.



Aloli:

4 servings cooked rice
4 tablespoons reduced fat mayonnaise
2 tablespoons fresh lemon juice
Zest from half a lemon
1 tablespoon Dijonnaise or if you like it spicy,
Dijon mustard
2 tablespoons fresh oregano, diced
2 tablespoon fresh basil, diced
2 teaspoons minced garlic fresh or from a jar
1 teaspoon extra-virgin olive oil
1 tablespoon thin sliced green onion, green part only

Serve with your favorite steamed green vegetable. See McSteamed Veggie on this website.

Chicken:

4 boneless, skinless chicken breasts
2 teaspoons olive oil
2 tablespoons white wine vinegar
Dash of salt and pepper
1 finely chopped green onion
1 finely chopped green onion
2 tablespoons fresh lemon juice
Zest from half a lemon
2 tablespoons fresh oregano, diced
1/8 cup fresh basil, diced

Serve this dish over your favorite rice and we like a boxed chicken and herb flavored. Look at the directions on your packaging. Since most take 20-25 minutes to prepare, start cooking this first or if it only takes 5-10 you will want to wait until you start to cook the chicken. The goal is to have the rice and the dinner done at the same time.

To prepare the aloli you will need a small mixing bowl and a fork or whisk. Add the 7 items to the bowl and blend as you go starting with the mayonnaise and ending with the 1 tablespoon of green onions. Stir well and set aside to allow the flavors to blend well.

To prepare the chicken, cut off any excess fat, rinse and pat dry. Note: If your pieces are unusually thick, you may want to pound them to about 1/2 inch thick. This will also help to shorten your cooking time. Set the chicken aside and prepare the coating. Make sure to wash everything that came in contact with raw chicken.

Combine the coating in a large shallow bowl starting with the vinegar through the basil. Blend well and locate a large non-stick pan. Add the oil and turn the heat to medium. When the skillet is hot take one piece of chicken at a time and put it in the coating mixture. Gently turn it over to coat both sides and lay in the skillet. Do the same for the other pieces. Cover and cook 8 minutes on the first side so they brown nicely. Turn them over and cook another 5-8 minutes until the chicken is done. Wash items again that same in contact with the raw chicken.

While the chicken is cooking, check the rice and prepare your side dish. To plate, put a serving of rice on each plate. Top with chicken and put a spoonful of the aloli on top. Add your vegetable to the side. Have extra aloli available. Enjoy!