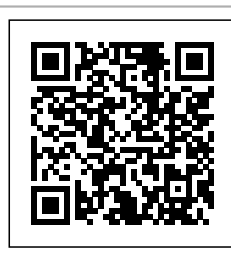


Grilled Chicken and Veggies with Basil and Grilled Lemon Vinaigrette



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Recipe by: Laura Vitale

Serves 2

Prep Time: minutes

Cook Time: minutes

Ingredients

For the Chicken and Veggies:

__2 (6ounce) Pieces of Boneless, Skinless Chicken Breast

__2 Small Zucchini, washed and cut on a diagonal into thick slices

__2 Small Italian Eggplants, washed and cut in thirds lengthwise

__1 Red or Yellow Onion, peeled and sliced into thick rounds

__1 Large Red Bell Pepper, seeded and cut into quarters lengthwise

__3 tsp of Olive Oil

__Salt and Pepper

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For the vinaigrette:

__½ Cup of Fresh chopped Basil (chopped fine)

__2 Tbsp of Extra Virgin Olive Oil

__1 Lemon

1) Preheat your grill to medium high,

2) Drizzle the veggies and chicken with the olive oil and season the chicken only with salt and pepper. Place them on your grill and close the lid on the grill. Cook the veggies for about 4 to 5 minutes per side or until they have grill marks on both sides. Cook the chicken for about 7 to 8 minutes or side or until cooked all the way thru. Remove to a plate and set aside while you make the vinaigrette.

3) In a small bowl, combine the basil, extra virgin olive oil, salt and pepper and the zest of half the small lemon. Cut that lemon in half and place it cut side down on the grill for about 1 minute. Then squeeze the juice of the grilled lemon in the basil mixture and mix to combine.

4) Lay the veggies out on a large platter and sprinkle some salt over the top.

Slice the chicken thinly and fan it out on a platter. Drizzle the basil and lemon vinaigrette all over the top of the chicken and veggies and serve!

