



The Edible Garden

Recipe featured at Whole Foods Friday, June 25

Grilled Citrus Chicken

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Makes 4 portions

Ingredients

6 boneless, skinless chicken breasts
1 cup orange juice
½ cup lemon juice
1 minced shallot
2 peeled and minced garlic cloves
½ teaspoon thyme
½ teaspoon oregano
Salt and pepper to taste

Instructions

- Wash and pat dry chicken breasts. Place into a non metallic bowl.
- In a separate bowl, combine juices, chopped shallots, garlic, and herbs. Mix well and season with salt and pepper. Pour marinade over chicken and refrigerate for 30 minutes.
- Heat grill on high until smoking. With an oiled rag, oil grill and reduce heat to medium-high. Place chicken breasts on grill and cook on each side for approximately 10 minutes or until an insta-read thermometer registers an internal temperature of 165°.
- Remove chicken from grill, cover, and let rest for 10 minutes. Serve chicken as is or use for salads, fajitas, wraps, pastas or sandwiches.