

A TOAST TO SPRING: MARTINI CHICKEN



**Healthy
Dish**
MICHELLE
DUDASH

As the weather warms up and the days get longer in sunny Arizona, I'm breaking out the running shorts, Skinnygirl Margaritas and grilling recipes. Ah, the aroma of meat searing on the grill. This lean recipe offers a zesty change from sweet, sticky barbecue sauces.

Alternatively, instead of grilling, you can broil the chicken 10 minutes, turning it after 5 minutes.

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MICHELLE DUDASH

Grilled Martini Chicken

- ½ cup dry vermouth
- ¼ cup pimiento-stuffed green olives, finely chopped
- 2 shallots, sliced
- 3 cloves garlic, minced
- 1 tablespoon grated lemon zest
- 1 tablespoon expeller-pressed canola oil
- 1½ pounds skinless, boneless chicken breasts, cut into 6 pieces, thickest parts pounded to even thickness
- 2 sprigs fresh thyme (or ½ teaspoon dried)
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

Stir vermouth, olives, shallots, garlic, lemon zest and oil in a shallow container large enough to hold the chicken. Add chicken and thyme, turning to coat. Cover and marinate in refrigerator for at least 4 hours, up to overnight.

Preheat grill to medium heat. Remove chicken from marinade and sprinkle with salt and pepper. Mold a piece of aluminum foil into the shape of a shallow dish and pour in marinade. Cook chicken on oiled grill until opaque almost halfway through, about 5 minutes; place foil container on the outer edge of grill and bring marinade to a boil for at least 15 seconds. Turn chicken and cook until slightly firm in the thickest section or juices run clear, about 5 minutes.

Remove chicken and marinade. Spoon marinade over chicken and serve hot. Leftovers are delicious the next day on salad or in a wrap with hummus and baby spinach.

Per serving: 178 calories, 4 g fat (1 g saturated, 0 trans), 251 mg sodium, 66 mg cholesterol, 1 g carbohydrate, trace fiber, 26 g protein.