

Grilled Tarragon Chicken

A sweet and tangy grilled chicken pares well with fresh asparagus, broccoli or cauliflower... you choose!

Marinade Ingredients:

- 1 LB. thin cut boneless, skinless chicken breast
- 2 Tbs. Dijon Mustard
- 2 Tbs. Fresh Tarragon, chopped
- 2 Tbs. Dry Vermouth
- Salt & Pepper, to taste

Instructions:

1. Combine all the marinade ingredients in a bowl
2. Mix well
3. Add to the thin chicken cutlets and marinade 2-4 hours
4. Bring to room temperature before grilling Cook on a hot grill until just cooked through
5. Enjoy with your favorite fresh vegetables w/ *Tarragon* Vinaigrette

Tarragon Vinaigrette:

- 4 teaspoons Sherry vinegar
- 1 tablespoon minced shallot
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup extra-virgin olive oil
- 2 teaspoons finely chopped fresh tarragon

I always make a much larger batch of salad dressing when I am going to the trouble of making it, since I like to eat salads daily and the dressing makes all the difference. It's just as easy to wash the blender for a small batch as it is for a large one and the dressing will last for at least a week or more in the fridge.