

# RECIPE



## GRILLED CHICKEN BREAST OVER WILTED SPINACH

### Ingredients:

#### *for chicken and marinade*

2 lbs chicken breast or thighs  
3 lg garlic cloves, minced  
3 tbsp freshly squeezed lemon juice  
1 tbsp Worcestershire sauce  
3 tbsp low sodium soy sauce  
1/4 cup light brown sugar  
2 tbsp balsamic vinegar  
1/2 cup extra virgin olive oil  
1 1/2 tsp kosher salt  
1 tsp freshly ground black pepper

#### *for spinach*

10 oz baby spinach  
3 lg garlic cloves, chopped  
2 tsp olive oil  
kosher salt, to taste  
freshly ground black pepper, to taste  
15 grape tomatoes, halved (optional)

### DIRECTIONS:

In a medium mixing bowl, whisk together the minced garlic, lemon juice Worcestershire sauce, soy sauce, light brown sugar, balsamic vinegar, kosher salt, freshly ground black pepper and extra virgin olive oil. Place either the chicken breast or thighs in a large gallon plastic bag and pour in the marinade. Marinate for at least 30 minutes. The longer the better.

Heat your grill to medium high. Cook the chicken for 5-6 minutes per side, depending on how thick your breasts or thighs are. Make sure the internal temperature reaches 165 degrees F to ensure the chicken is fully cooked through. Remove from the grill and set aside to rest for 5 minutes while you wilt the spinach.

In a medium sauté pan, heat the olive oil on medium high and cook the garlic until fragrant, about 1 minutes. Add spinach to the pan and turn off the heat. Add salt and pepper to taste. With a pair of tongs, continually toss the spinach until it starts to just wilt.

Remove the spinach and place on the bottom of the serving dish. Slice up your chicken and place on top of the wilted spinach. If using, sprinkle the halved grape tomatoes around the perimeter of the platter and serve.

Serves: 4

