

BALSAMIC PEPPER CHICKEN

4	boneless skinless Manitoba chicken breasts
2 tsp	lemon pepper
2/3 cup	balsamic vinegar
1/2 cup	chicken stock
2 cloves	garlic, minced

Sprinkle lemon pepper on both sides of the chicken. Grill chicken with the lid down on medium heat for 5-7 minutes per side until a thermometer inserted into the thickest piece reads 170F. Remove chicken to a serving platter and keep it warm.

While chicken is cooking, combine vinegar, chicken stock and garlic in a small sauce pot. Set the pot on the side burner of your barbecue, or on the stove, and bring the sauce to a boil. Stir cook over medium-high heat until the mixture is reduced and syrupy. Pour sauce over chicken breasts and serve.

Serves 4.

Why a meat thermometer is the best barbecue tool ever.

How about perfectly cooked chicken that's always juicy and tender!
How about less stress, and no more comments about blackened chicken!

Using a meat thermometer is the only way to tell if chicken, and any other meat, is properly cooked, especially when you're barbecuing. For all you need to know about using a meat thermometer, visit www.chicken.mb.ca/chickguide.html.



Courtesy of Manitoba Chicken Producers
www.chicken.mb.ca