



Balsamic Grilled Chicken with Caprese Salad and Zucchini



Ingredients:

Balsamic Grilled Chicken

- 1 Boneless, Skinless
Chicken Breast**
- 1 Tablespoon of Extra
Virgin Olive Oil**
- 1 Tablespoon of Balsamic
Vinegar**
- 1/2 Tablespoon of Maple
Syrup**
- 1/4 Teaspoon of Sea Salt**

Caprese Salad

- 2 cups of cherry tomatoes**
- 3 ounces of mozzarella pearls**
- 1/2 Tablespoon of Extra Virgin Olive Oil**
- 4 Leaves of Basil**
- Balsamic Vinegar**
- Honey**
- Optional: Zucchini**
- Salt**
- Pepper**

1. Wash hands for 20 seconds with warm, soapy water. Make sure to scrub around your wrists, under your fingernails, and in between your fingers.
2. Place the chicken breasts in a glass container and add the marinade ingredients. Mix everything together well.
3. After the chicken is marinated, preheat the grill over medium high heat. While the grill heats prepare the Caprese Salad Topping by mixing together the cherry tomatoes, mozzarella pearls, and olive oil. Slice the basil by stacking all the leaves together. Then roll them up and slice them as thinly as possible to create a chiffonade. Mix the basil into the salad and let it sit while the chicken cooks.
4. When the grill temperature has reached 400°F, place the chicken and zucchini on the grill and immediately lower the heat to medium. Discard any leftover marinade. Grill for 8-10 minutes or until the chicken loosens up from the grill and is easy to turn over. Continue cooking for another 8-10 minutes or until the chicken is no longer pink in the center. The cooking time will always vary depending on the size of your meat. If you have a meat thermometer, it should read 165 degrees Fahrenheit.
5. When the chicken is done remove it from the grill and let it set for a couple of minutes on a cutting board.
6. Slice the chicken and serve it topped with the Caprese Salad. Drizzle the whole plate with balsamic reduction and sprinkle to taste with the finishing sea salt.