

7-6-5 GRILLED CHICKEN BREASTS

(from the Bewitching Kitchen)

4 chicken breasts, boneless, skinless

for the marinade (substitute any recipe you like):

1/4 cup olive oil

1 T red wine vinegar

1 T fresh orange juice

1 tsp dried thyme leaves

pinch of red pepper flakes

salt and pepper

Whisk the olive oil, vinegar and orange juice vigorously together into an emulsion.

Add the dried thyme and red pepper flakes and whisk again. Place the chicken breasts in a bowl and pour the marinade over them, coating well. Cover and refrigerate for a couple of hours or overnight.

Remove the meat from the marinade, season with salt and pepper and place on a very hot grill, covered, for 7 minutes. Turn the meat over and continue grilling for 6 minutes. **Without opening the grill**, turn it off and let the meat stay inside for 5 minutes. Place the meat on a serving plate, tented with aluminum foil, let it rest for 5 minutes. Slice at an angle and serve.