

Lemon Dill Grilled Chicken

Yields: 6 servings

Prep: 1.5 hour

Ingredients

Citrus Dijon Marinade

2 shallots, cut in half

3/4 cup fresh lemon juice

3 Tbsp lemon zest

1/4 cup Dijon mustard

1/4 cup olive oil

1 tsp dried oregano

1 tsp kosher salt

1 tsp freshly ground black pepper

10 sprigs fresh dill, washed and uncut

6 boneless, skinless chicken breast halves

2 limes, for serving

Directions

1. In a large bowl, whisk shallots, lemon juice, lemon zest, Dijon mustard, olive oil, oregano, salt and pepper. Pour into a glass 13x9-inch baking dish.
2. Place chicken between two sheets of wax paper and pound to even thickness, about 1/2-inch thick. Add to marinade, scattering dill sprigs on top. Refrigerate 2-8 hours, turning once.
3. Preheat grill to medium-high. Brush and oil the grill grate. Discard marinade and dill, grilling chicken breasts 5-6 minutes per side or until cooked through. Squeeze some lime juice over the cooked chicken and serve with a wedge of lime.