

TARRAGON-LIME CHICKEN

Ingredients:

4 boneless, skinless chicken breast halves
¼ c. olive oil
3 Tbsp. fresh lime juice
2 tsp. dried tarragon
½ tsp. dried oregano
Kosher salt and white pepper to taste

Cooking:

Arrange chicken in a single layer in glass casserole or pie plate. Season with kosher salt and white pepper. Whisk oil, lime juice, tarragon, and oregano in a small bowl to blend.

Pour marinade over chicken and turn to coat. Let stand at room temperature for at least 20 minutes or cover and refrigerate over night.

Pre-heat broiler or prepare grill (medium high heat). Transfer chicken to broiler pan or grill. Broil or grill until just cooked through, about three minutes per side. Serve with choice of pasta, potato salad, or rice pilaf with a selected fresh steamed vegetable on the side.

Makes 4 servings.

Submitted by Chris O. Poulsen