



CHICKEN, GRILLED WITH HERBS AND LEMON

3 whole boneless skinless chicken breasts (about 2 1/4 pounds), halved
1/4 cup fresh lemon juice
salt
1 lemon, cut in 6 wedges
2 teaspoons coarsely-ground black pepper
1/2 cup extra virgin olive oil
1 tablespoon fresh thyme leaves chopped
2 large garlic cloves, minced
1 teaspoon freshly grated lemon zest
2 tablespoons olive oil

In a bowl whisk together lemon juice, pepper, and salt to taste and add oil in a stream, whisking until marinade is emulsified. Lay the chicken breasts between sheets of plastic wrap and beat to 1/4 inch thick with a rolling pin or smooth side of a meat pounder. Pour the marinade over the chicken in a large resealable plastic bag. Close and chill for at least 30 minutes.

Prepare a medium-hot grill. On an oiled rack set 5 to 6 inches over glowing coals, grill chicken until just cooked through, about 2-3 minutes on each side. Meanwhile, stir together the last 4 ingredients. To serve, sprinkle dressing around the chicken and garnish with lemon wedges and thyme sprigs.

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2 boned and skinned chicken breast halves
salt and black pepper
2 tablespoons olive oil
4 tablespoons butter
8 fresh sage leaves, washed and dried
4 tablespoons grated parmesan cheese

Also Required: heavy skillet, saucepan

Fifteen to thirty minutes before cooking, season the chicken breasts well with salt and black pepper. Heat the olive oil in a heavy skillet over medium-high heat until hot and sauté the chicken breasts until golden brown on the outside and cooked through, about 5-8 minutes on each side. Remove the skillet from the heat and cover to keep the chicken warm. In a small saucepan over medium-high heat, melt the butter and cook just until it starts to turn golden brown. Add the fresh sage leaves and stir until they are crisp.



MONTICELLO VINEYARDS

To serve, put each chicken breast on a heated plate. Sprinkle the Parmesan cheese over them equally and pour the browned butter evenly over both chicken breasts and cheese. Place 4 sage leaves on each chicken breast and serve immediately.

Servings: 2

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1 tablespoon olive oil
1 cup broccoli florets
1/2 cup sliced mushrooms
1/2 cup red pepper, chopped or cut into rings
2 green onions, sliced into 1/2-inch pieces
8 eggs
1/4 cup Dijon mustard
1/4 cup water
1-1/2 teaspoons Italian seasoning
1 cup shredded Swiss cheese
1 tablespoon grated Parmesan cheese

Also Required:

10 inch ovenproof skillet
electric mixer or wire whisk

Preheat oven to 375° F. Heat the olive oil in a 10 inch ovenproof skillet over medium high heat. Sauté the broccoli, mushrooms, red pepper and green onions until nearly tender, about 5 minutes. Remove from heat and set aside.

With an electric mixer or wire whisk, beat together the eggs, mustard, water and Italian seasoning until foamy. Stir in cheeses and pour mixture into skillet over vegetables. Bake 20 to 25 minutes or until set. Cut in wedges and serve hot or at room temperature.

Servings: 4 to 6

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