

Grilled Balsamic Chicken

Ingredients

- 1 ½ lbs. potatoes – you can use the mini Yukon gold potatoes and halve them, or I used russet potatoes today because that is what I had!
- 2 tbsp. olive oil
- 1/2 tsp kosher salt
- ½ tsp. pepper
- 1 lb. Fresh green beans, trimmed (I recommend buying pre trimmed to save time)
- ½ tbsp. olive oil
- 3 garlic cloves, minced
- ¼ tsp kosher salt
- 1/4 cup fresh shredded parmesan cheese
- 4 large chicken breast
- All purpose chicken seasoning
- 2 tablespoons honey
- 2 tablespoons balsamic vinegar
- 2 tablespoons ketchup (I use Primal)
- 2 teaspoons minced garlic

Directions

1. Preheat the oven to 425 degrees and your grill to 375 degrees. .We are going to start with the potatoes because they take the longest.
2. If you opt for the russet potatoes, You'll need to zap them in the microwave to soften them and cut down on the cooking time. You could also use leftover baked potatoes for this recipe. Microwave each potato for 2 minutes on high (wash and pierce with fork 3 times before you place in microwave). Then you can cube them and follow the instructions. IF you are using the mini Yukon gold potatoes you can simply half them.
3. Cover baking sheet with parchment paper, and season potatoes with olive oil, salt and pepper. Place on top rack of oven and allow to start cooking (we are going to cook for 15 minutes before adding green beans to the same baking sheet)
4. Take two pieces of parchment paper and place chicken breast in-between. Tenderize with a meat hammer and Season each side with chicken seasoning
5. Use a large ziplock bag and combine honey, balsamic vinegar, Ketchup, garlic and olive oil. Mix well
6. Place chicken breast in the bag. Marinate for 10 minute
7. While chicken is marinating, remove potatoes from the oven and add green beans to the same baking sheet. Mix well, and add addtl salt/pepper/olive oil and minced garlic. Mix well and place back in the oven for 15 minutes
8. Place chicken on the grill and cook for 4-5 minutes on each side or until internal temp is 165.
9. Remove potatoes and green beans, and top with freshly shredded parmesan cheese.

• 1 TBS olive oil
MADE WITH LOVE

by Teresa Forehand