

Grilled Garlic Parmesan Chicken

INGREDIENTS

For the chicken:

- 1.5 lbs boneless, skinless chicken breasts or thighs
- Salt & pepper
- 1 tsp garlic powder
- 2 tsp Italian seasoning
- 1 tbsp olive oil
- 2 tbsp unsalted butter
- 3-4 garlic cloves, minced
- ½ cup grated Parmesan cheese
- 1 tbsp chopped parsley (optional)
- Juice of ½ lemon (optional)

For the blistered tomatoes:

- 2 cups cherry or grape tomatoes
- 1 tbsp olive oil
- Salt & pepper
- Optional: pinch of red pepper flakes or splash of balsamic vinegar

DIRECTIONS

1. Pat chicken dry and season with salt, pepper, garlic powder, and Italian seasoning.
2. Drizzle with olive oil and rub to coat. Let sit while grill preheats.
3. Preheat grill to medium-high (around 400°F):
4. Grill chicken 4-5 minutes per side, until nicely charred and cooked through (165°F internal temp).
5. Transfer to a plate and loosely tent with foil.
6. Make the garlic Parmesan sauce (while chicken grills or rests):
 - a. In a small skillet or saucepan over medium heat, melt butter.
 - b. Add minced garlic and cook 30-60 seconds until fragrant.
 - c. Stir in Parmesan until melted and creamy.
 - d. Squeeze in lemon juice and stir in parsley if using.
7. In a separate skillet, or on the grill, heat 1 tbsp olive oil over medium-high. (I prefer to do all of this on the grill to keep it easy!)
8. Add cherry tomatoes and cook undisturbed for 2-3 minutes until blistered.
9. Stir and cook another 2-3 minutes until softened. Season to taste.
10. Slice or leave grilled chicken whole, and spoon warm garlic Parmesan sauce over the top.
11. Serve with blistered tomatoes and any sides you like (rice, potatoes, salad, or grilled bread).