

Balsamic Honey Grilled Chicken

INGREDIENTS

- 4 large chicken breasts
- All-purpose chicken seasoning, to taste
- 2 tbsp honey
- 2 tbsp balsamic vinegar
- 2 tbsp ketchup (Primal Kitchen works great)
- 1 tsp Dijon mustard
- 2 tsp minced garlic
- 2 tbsp olive oil
- ½ tsp smoked paprika

Optional for serving:

- shaved parmesan
- fresh basil or parsley
- lemon wedges
- flaky sea salt

DIRECTIONS

1. Preheat grill to medium-high heat.
2. Butterfly each chicken breast horizontally, then lightly pound to an even thickness.
3. Pat chicken dry and season both sides generously with all-purpose chicken seasoning.
4. In a bowl or zip-top bag, whisk together honey, balsamic vinegar, ketchup, Dijon mustard, garlic, olive oil, and smoked paprika.
5. Add chicken and toss well to coat evenly. Marinate at least 30 minutes if possible.
6. Remove chicken from marinade and let excess drip off slightly.
7. Grill chicken for 4-5 minutes per side until nicely caramelized and internal temperature reaches 165°F.
8. During the last 1-2 minutes of cooking, brush lightly with remaining marinade for extra glaze and color.
9. Transfer chicken to a cutting board and let rest for 5 minutes before slicing.
10. Serve alongside the grilled potatoes and green beans and finish with shaved parmesan, fresh herbs, flaky sea salt, and lemon wedges if desired.