

"Zebra" Grilled Chicken

Recipe By *Hudi Greenberger*



Cooking and Prep: 
4.5 h

Serves:  6

No Allergens

Preference: Meat

Difficulty: Easy

Diet: Low Fat, Low Carb,
Gluten Free

Source: Family Table by
Mishpacha Magazine

This recipe can work with chicken breast/cutlets or with boneless chicken bottoms (aka dark meat cutlets). We used both. The white meat looks prettier, but the dark meat cutlets have way more flavor. Your call!

Ingredients (2)

Main ingredients

- 2 pounds (1 kilogram) skinned chicken breasts or capons
- 1 (8-oz./237-g.) bottle **Haddar Lite Italian Dressing** or other low-fat Italian dressing

Start Cooking

Marinate

1. Lay the chicken in a pan or a Ziploc bag. Coat evenly with dressing.

2. Marinate covered in the fridge for two to four hours.

Grill

1. A seared, charred crust is where the flavors and textures that define great grilling are found. To accomplish that, preheating your grill to super hot is essential.
2. Pat your protein dry and then put it on the grill to sear.
3. Lower the heat and close the grill lid to let the chicken cook evenly. Low and slow is the name of the game.
4. Flip the chicken (never flip more than once). Sear on the second side, then cook. Allow chicken to rest before slicing.
5. Thickly cut chicken breasts need about 12 minutes total cook time, thin cuts around seven to eight minutes. Dark meat cutlets need a bit longer, around 15 minutes.

Note:

Note that while normally you would pre-salt the meat well in advance of grilling, it is not required here. The acid in the marinade accomplishes what the salt would be doing.

Credits

Photography: Hudi Greenberger

Styling: Janine Kalesis