



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

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Recipe 13

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(photo by Marc-Henri)

4th of July Grilled Chicken Breasts with Sun-Dried Tomato Pesto.

PREPARATION

Grill Chicken Breasts

- 1 - In a large resealable bag, combine the balsamic vinegar, 1/4 cup of the basil leaves, 1 tablespoon of olive oil, salt and pepper. Add the chicken breasts, seal the bag and turn it over a few times until the chicken is evenly coated. (This can be prepared a day in advance and stored in the refrigerator.)
- 2 - For the sun-dried tomato pesto, combine the sun-dried tomatoes, pine nuts, garlic and the remaining 1/4 cup basil leaves in a food processor. Process until the mixture is finely ground. Add the Parmesan cheese, the basil canola oil, sugar, chicken broth and pepper and process for a few more seconds to combine. (This can be prepared in advance and stored in the refrigerator.)
- 3 - Preheat the oven to medium-high.
- 4 - Grill the chicken on each side until the it is cooked through, about 6 minutes per side.
- 5 - Serve each chicken breast with a dollop of the sun-dried tomato pesto and garnish with basil leaves.

Roast Summer Vegetables

- 1 - In a bowl, combine all vegetables, garlic, olive oil, oregano, salt and pepper. Toss well.
- 2 - Spread mixture on a baking sheet or metal roasting pan and roast for 20 minutes at 425 degrees, stirring often.
- 3 - Transfer to a serving dish and add parsley, kalamata olives and vinegar. Toss gently.

INGREDIENTS

For Grilled Chicken Breasts

- 4 boneless, skinless chicken breasts
- 1/4 cup balsamic vinegar
- 1/2 cup fresh basil leaves, plus a few for garnishing
- 1 tablespoon GC Farms' basil canola oil
- 1 tablespoon GC Farms' extra virgin olive oil
- salt to taste
- freshly ground black pepper
- 12 sun-dried tomatoes (soaked in warm water 30 min.)
- 1 tablespoon pine nuts
- 1 clove garlic
- 1 tablespoon freshly grated Parmesan
- nonstick cooking spray
- pinch of sugar (optional)
- 3 tablespoons low sodium chicken broth

For Roasted Summer Vegetables

- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 2 red onions, peeled and cut into wedges
- 2 summer squashes, cut into chunks
- 2 zucchini, cut into chunks
- 4 cloves garlic, peeled and sliced
- 1 tablespoon GC Farms' Extra Virgin Olive Oil
- 1 teaspoon oregano
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoon chopped fresh parsley
- 1/2 cup kalamata olives (optional)
- 1 tablespoon balsamic vinegar

COOK'S NOTE:

This is a light and flavorful combination, perfect for your next backyard get-together. The sundried tomato pesto and roasted summer vegetables can be prepared one day in advance.

Bon Appetit!
-George