

SAMSSites Recipes

Grilled Chicken Breast and Grilled Potatoes

My uncle

My uncle taught me that when you have a chicken breast, boneless and skinless, it is important to marinate it. He used Italian dressing. I did change it. I do use olive oil or corn oil. I understand that the flavor of olive is destroyed when cooked at high temperatures. Although I haven't noticed it with this recipe.

- 4 halves Chicken Breast (boneless, skinless)
- 1/2 cup Oil (olive, corn, peanut)
- 1/4 cup Balsamic Vinegar
- Might add some potatoes sweet or white

Clean chicken breast. Pour oil over the chicken. Add balsamic vinegar. Turn chicken so it is covered. Let side about 1/2 hour. Clean some potatoes and cut them in half. Place chicken on grill. Run the potatoes through the marinade sauce of the chicken plate. Put the potatoes right with the chicken. Cook for about 15 minutes on each side. This depends on the heat.

