

Grilled Garlic Chicken



2 pounds boneless, skinless chicken breasts
6 tablespoons olive oil
2 tablespoons garlic (finely chopped)
1 tablespoon soy sauce
1 ½ teaspoons kosher salt

How to Prepare:

Place chicken breasts between sheets of waxed or parchment paper, and gently pound to a thickness of ½ inch. Do not pound them too thin; this is just to ensure they will cook evenly. Combine olive oil and seasonings in a large mixing bowl. Stir to mix. Add chicken breasts to bowl, one by one, turning each in the marinade. Place chicken in refrigerator for 10 to 20 minutes. If you have a hot grill available, grill chicken for 3 to 4 minutes on each side. Do not overcook. If no grill is available, preheat oven to 350° and bake chicken in a pan, for about 30 minutes. The internal temperature should be 165° Fahrenheit. Use chicken immediately, as desired; or let it cool and refrigerate for up to 3 days.



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MACARTHUR CENTER
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NORFOLK, VA 23510
757-622-7190
WWW.CPK.COM

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