

## **Grilled Chicken Breasts with Lemon and Thyme**

Recipe Cookbook: Food and Wine Quick from Scratch

Chapter: Italian

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Prep Time: 10 minutes

Cooking Time: 20-30 minutes

### **INGREDIENTS:**

1 1/2 TBS fresh lemon juice  
1/4 tsp dried thyme  
1/2 tsp dried red pepper flakes  
1 garlic clove, minced  
1/4 C olive oil  
1/4 tsp salt  
1/4 tsp ground black pepper  
4 bone-in chicken breasts (about 2 1/4 pounds in all)

### **DIRECTIONS:**

Light grill or heat broiler. In a shallow dish, combine the lemon juice with thyme, red-pepper flakes, garlic, oil, salt & black pepper. Coat chicken with mixture.

Grill chicken breasts over moderately high heat or broil 8-10 minutes. Turn & cook till chicken is just done (about 10-20 minutes longer).

### **Wine Recommendation:**

Red pepper can be difficult to pair with wine (it accentuates the bitterness of the alcohol). So, bypass high-alcohol wines - try an herbal, light-bodied sauvignon blanc from Collio.

Serves: 4