Lemon Chicken with Mint

This is a great recipe for last minute grilling. No long marinating needed!

**Preparation time:** 10 minutes  
**Grilling time:** 12 minutes  
**Makes:** 4 servings

### Ingredients
- ¼ cup (50 ml) finely chopped fresh mint or basil leaves
- 1 lemon
- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) dijon mustard
- 1 tsp (5 ml) garlic powder
- 1 tsp (5 ml) salt
- ½ tsp (2 ml) dried basil or oregano leaves
- 4 skinless, boneless, chicken breasts

### Directions
1. Finely chop mint. Finely grate 1 tsp peel from lemon into a large bowl (Use a glass, ceramic or stainless steel bowl, since acid-based marinades may chemically react with aluminium containers). Squeeze in ¼ cup (50 ml) lemon juice. Stir in half of mint and all of the olive oil, Dijon mustard, garlic powder, salt, and basil. Add chicken and turn to coat. Let stand at room temperature while barbeque heats.
2. Lightly oil grill and heat barbeque to medium. Remove chicken from lemon mixture and place of grill. Save lemon mixture. Barbeque with lid closed for 6 minutes. Brush tops of chicken with remaining lemon mixture, then turn over and continue grilling chicken until cooked (internal temp of 85°C), about 6 to 8 more minutes. Remove from grill to a platter. Discard unused marinade. Sprinkle platter with remaining chopped mint and serve with lemon wedges (optional).

**Nutritional Information:** 31.1 g protein, 9.2 g fat, 2.6 g carbohydrates, 1.1 mg iron, 24 mg calcium, 222 calories. From Chatelaine June 2005

**Suggested sides:** Boiled red potatoes, wild rice, whole wheat couscous, sliced tomato marinated in balsamic vinegar and garnished with mozzarella and mint, garden vegetable salad with a vinaigrette dressing, citrus spinach salad (see below.)

**Citrus Spinach Salad**

Toss 4 cups (1 L) of baby spinach with segments from 1 peeled orange and 1 ruby red grapefruit. Drizzle with 1 tbsp of your favourite vinaigrette. Sprinkle with toasted pine nuts, or slivered almonds. **Variation:** add one can of whole mandarin pieces to the baby spinach and drizzle raspberry vinaigrette over top then sprinkle almond pieces over top.  
**Makes:** 4 servings From Chatelaine April 2005
BBQ Safety Tips

Barbecuing food any time of the year can be fraught with the risks of food poisoning. Here are some steps that should help the barbecue enthusiast minimize those risks.

Before Cooking

- Wash hands for at least 20 seconds with soap and hot water before and after handling food
- Clean and sanitize all utensils and work surfaces with a mild bleaching solution (5 ml bleach per 750 ml water) after handling raw meat
- Separate utensils used for raw vs. cooked foods
- Keep raw foods away from cooked foods and never use the same tray for raw and cooked foods

During Cooking – Buy a Meat Thermometer (no more guessing)

- Raise the height of the grill or reduce the heat of the barbecue so food will not burn
- Use a meat thermometer to make sure all meat reaches a safe internal temperature. Whole chicken and parts: 82°C to 85°C
  - Turkey pieces: 77°C
  - Beef steaks and roasts:
    - medium rare 63°C
    - medium 70°C
    - well done 75°C
  - Pork chops and ribs: 70°C
  - Ground meats: 71°C
- “Your Burger is Done at 71!”

More BBQ Chicken Ideas

- Near the end of grilling, brush breast with honey-garlic sauce and sprinkle with thyme.
- Just before grilling, coat drumsticks in orange juice concentrate mixed with an equal amount of olive oil jazzed up with curry powder and garlic salt.
- Stir hoisin and soy sauces with ketchup and lemon juice. Drizzle over thighs hot of the grill.
- Blend hot chili-garlic sauce with maple syrup and sesame oil. Drizzle over kebabs after grilling.

Great Father’s Day Gift

Wireless/Digital Meat Thermometer

- Dad’s love technical toys
- Digital readout: No more guessing! The digital readout tells you exactly when your meat is done – and it will beep to alert you.
- Wireless: You can be in the house and still monitoring your meat.

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Guess What?

Salmon is a great summer meat, it cooks faster than chicken and is an excellent source of heart-healthy omega-3 fatty acids. Left over salmon can be re-heated or added to pasta and spinach salads.