



It's All Greek Grilled Chicken and Radicchio

Serves 3-4

Ingredients:

2 Heads of Garlic
1/2 Cup Olive Oil +1 Tsp
Fresh Thyme, 2 Sprigs
2 Lemons, Juiced
1 Lemon, Halved
1 Bunch Parsley, Chopped
4 Chicken Breasts
1 Tbsp + 1 Tsp It's All Greek to Me
Salt and Pepper
1 Tbsp Balsamic Vinegar
1 Head of Radicchio, Quartered
1 Bulb of Fennel, Sliced Thinly

Preparation:

Lets begin by roasting the garlic. Preheat the oven to 375°.

Cut the tops off the garlic so that you slice through just the very top of the cloves. Sprinkle with a good drizzle olive oil and salt & pepper. Place in a piece of foil and top with a sprig of thyme. Fold the foil tightly, put on a bacon sheet and back for about 45 minutes. Remove, uncover and set aside to cool.

Now lets make the Herb-Garlic Dressing to go with this fabulous meal.

Gently squeeze the garlic out of the skin and place into a blender or food processor. To this add 1/2 olive oil, lemon juice from 2 lemons,

chopped parsley, and 1 heaping tsp It's All Greek to Me. Blend until you have a thick dressing consistency. Set 1/2 aside in fridge until you are ready to serve.

Preheat the grill to medium-high heat.

Place the chicken breast (one at a time) in a large zip lock bag and pound until it is even in size. Repeat with remaining breasts. Pat the chicken breasts with a paper towel to ensure that they are dry. Then rub both sides with a little olive oil and sprinkle with the remaining It's All Greek to Me.

Place on grill and cook about 10 minutes then flip and brush the cooked side with the Herb-Garlic Dressing. Cook 10 minutes and repeat on the other side. Flip once again to caramelize dressing, and remove from grill. Let rest for about 7 minutes and slice.

While the chicken is cooking, salt and pepper the radicchio and place on grill. Cook each side for about 4 minutes and remove to cutting board. Drizzle with the balsamic and set aside.

When the chicken has about 5 minutes to go, place the cut lemon on the grill to achieve a caramelized and smokey.

To serve, roughly chop the radicchio and place in a large serving bowl. Add the sliced chicken, sliced fennel and the reserved dressing. Finish with a squeeze of grilled lemon and divide onto plates.

This is truly a spectacular dish. So flavorful and healthy. Hope you enjoy!