MAINS

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THYME-LEMON CHICKEN ON A HOT GRILL

Boneless breasts take a short lemon marinade with thyme and oregano, then a medium-high grill. They come off at 165 F, so dinner does not need an overnight soak.

SERVES	HANDS-ON	TOTAL
4	15 min	53 min

GLUTEN-FREE SHOPPING CHECK

Buy each of these with a gluten-free label.

- [ ] gluten-free dried oregano
- [ ] gluten-free dried thyme
- [ ] black pepper

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SERVES	HANDS-ON	COOK	TOTAL	SETTING
4	15 min	8 min	53 min	medium-high grill

INGREDIENTS

- 4 boneless skinless chicken breasts, 1 5/8 pounds (737 g)
- 5 tablespoons (75 ml) olive oil, divided
- 2 tablespoons (30 ml) fresh lemon juice
- 1 1/2 teaspoons (3 g) lemon zest
- 4 garlic cloves (12 g), minced
- 2 teaspoons (2 g) gluten-free dried oregano labeled gluten-free
- 1 teaspoon (1 g) gluten-free dried thyme labeled gluten-free
- 1 teaspoon (6 g) kosher salt
- 1/2 teaspoon (1 g) black pepper labeled gluten-free
- 2 tablespoons (8 g) chopped fresh parsley
- 1 lemon (120 g), cut into wedges

> **Gluten-free:** Written so a reader with celiac disease can cook it when every packaged ingredient is one whose label says gluten-free. Read the package you actually buy. This page does not promise a meal with zero gluten.

METHOD

1. Put a breast between two sheets of parchment and pound the thick end until the piece is about 1/2 inch (13 mm) from end to end. Do the same with the other three, then blot the surfaces dry.
2. Hold back 1 teaspoon of the olive oil and stir the rest with the lemon juice, lemon zest, garlic, oregano, thyme, salt, and pepper. Turn the breasts in that mixture until they look glossy, cover, and refrigerate 30 minutes.
3. Heat the grill to medium-high. When the grates are hot, wipe them with the reserved teaspoon of oil.
4. Lay the breasts on the grates. Cook about 4 minutes, turn them with tongs, and cook about 3 to 4 minutes more. Start checking at 6 minutes; thin breasts dry out fast.
5. Move a breast off when the center of the thickest part reads 165 F (74 C). A thinner piece will get there first; take that one off and leave the rest.
6. Set them on a platter, scatter the parsley over the top, and serve with the lemon wedges.

NOTES

- Short on time, half an hour in the fridge is enough. Do not go past 2 hours; the lemon turns the surface soft. Never marinate it overnight.
- If buns or a wheat marinade were on the grill earlier, scrub the grate or set the chicken on a clean sheet of foil. Gluten is not destroyed by the heat.