
Balsamic Honey Chicken with Peperonata

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Preparation Time: 20 minutes

Start to Finish Time: 20 minutes

1 1/4 pounds (4 to 6) chicken cutlets

FOR THE MARINADE

3 cloves garlic, chopped

1/4 cup balsamic vinegar

1/4 cup olive oil

1 tablespoon honey

1 teaspoon dried oregano

1/2 teaspoon Kosher salt

pinch red pepper flakes

FOR THE TOPPING

2 bell peppers, quartered

1 red onion, sliced

3/4 cup grape tomatoes

olive oil

salt

1/4 cup chopped basil

1 tablespoon balsamic vinegar

2 tablespoons olive oil

1/2 teaspoon Kosher salt

pinch red pepper flakes

Place the cutlets between two sheets of plastic wrap. Pound with a heavy skillet or the flat side of a meat mallet until an even 1/2-inch thickness. (Rub)

Make the marinade: In a shallow bowl, whisk the garlic, vinegar, olive oil, honey, oregano, Kosher salt and red pepper flakes. Toss with the chicken. Let marinate while you make the topping.

Make the topping: In a bowl, toss the bell peppers, red onion and grape tomatoes with some olive oil and salt. Grill the peppers and onion over medium-high heat, turning, until charred, about 6 minutes. Grill the tomatoes in a grill basket for 3 to 4 minutes. Slice the peppers and chop the onion. Toss the peppers and onion with the tomatoes, basil, balsamic vinegar, olive oil, Kosher salt and red pepper flakes.

Preheat a grill to medium-high and oil the grates. Season the chicken with salt and pepper. Grill until browned and well marked, 2 to 3 minutes. Flip and grill until the chicken is cooked through, about 2 more minutes.

Place the chicken on serving plates. Spoon the topping mixture over the chicken.

Serve with any additional topping on the side.

Yield: 4 to 6 servings

Chicken

Per Serving (excluding unknown items): 938 Calories; 82g Fat (75.2% calories from fat); 5g Protein; 56g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 1893mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Vegetable; 1/2 Fruit; 16 Fat; 1 Other Carbohydrates.