

Caribbean Grilled Chicken

Submitted by: Heidi Miracle-McMahill, Arlington, MA



6 Servings

6 **Pilgrim's Pride** boneless, skinless, split chicken breasts

Marinade:

- 1 cup orange juice
- 1/3 cup soy sauce
- 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- 2 tablespoons firmly packed brown sugar
- 2 cloves garlic, minced
- 1 1/2 teaspoons minced ginger root or 1/2 teaspoon ground ginger
- 1/2 teaspoon freshly ground black pepper
- 5 leaves fresh basil, chopped

Place chicken in non-metallic dish and set aside.

To make marinade, place orange juice in small saucepan. Add soy sauce, vinegar, honey, sugar, garlic, ginger root, pepper, and basil. Bring to a simmer over medium heat and cook 10 minutes. Remove from heat and cool.

Pour cooled marinade over chicken, cover with plastic wrap, and place in refrigerator to marinate overnight.

Preheat charcoal or gas grill. Remove chicken from marinade with slotted spoon. Pour marinade in saucepan, bring to a boil, then simmer 3 minutes. Reserve. Place chicken on prepared grill and cook over medium heat, 4 to 6 inches from heat source. Cook 5 to 10 minutes on each side, basting occasionally with reserved marinade, until chicken reaches 160°F on meat thermometer or juices run clear and meat is no longer pink inside. Discard marinade.