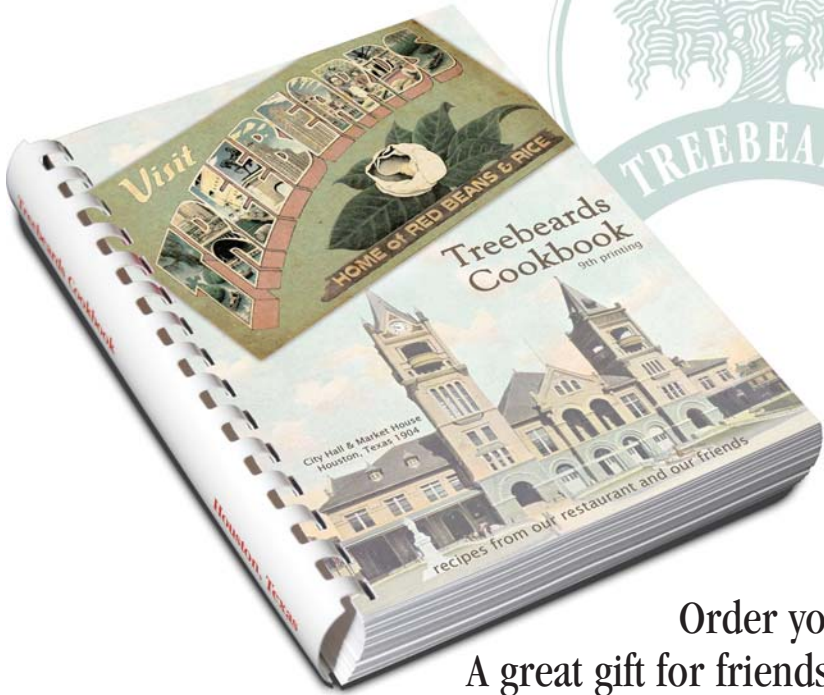


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Treebeards' Chicken Breasts with Fresh Basil Vinaigrette

350°

Light vinaigrette with fresh herbs infuses a juicy chicken breast as it bakes. This naturally light main dish is great when paired with a bed of white rice to catch all the delicious juices.

- | | |
|--------------------------------------|---|
| 6 boneless, skinless chicken breasts | 5 teaspoons Dijon mustard |
| 5 cloves garlic, minced | 1½ teaspoons black pepper |
| ½ cup olive oil | 1½ teaspoons salt |
| ½ cup vegetable oil | ½ cup lightly packed fresh basil leaves |
| ½ cup lemon juice | |

In a food processor with knife blade attachment, add garlic, olive and vegetable oil, lemon juice, mustard, pepper, salt and basil and process until smooth.

Marinate chicken 2 hours in refrigerator. Remove chicken from marinade and place in a 9 x 13-inch baking pan. Pour marinade over chicken.

Bake at 350° for 15 to 20 minutes or until juices run clear when chicken is pierced with a fork.

Or, prepare a charcoal grill. When coals are white hot, grill 5 to 8 minutes or until juices run clear when chicken is pierced with a fork.

Serves 6.

Treebeards' Tip:

Make extra because these leftovers are great and will save you a lot of time down the road. Refrigerate or freeze. They give a tasty and easy protein boost to pasta or green salads.



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