



BRIAN
PUCKETT

Vice Chairman
Helena Beautification Board

ROSEMARY INFUSED CHICKEN

THE PERFECT SOUTHERN ENTREE

4 Boneless Chicken Breast
Rosemary Sprigs
Orange
Salt and Pepper

Fire up the grill and get ready for an easy cook. Start off by flattening out the chicken breast for even cooking. Sprinkle a little salt and pepper on the chicken for taste. On the grill, place down two sprigs of Rosemary per chicken breast. This will need to be done quickly to insure the Rosemary doesn't catch fire. Squeeze the orange juice on the chicken. Grill the chicken for 5 to 6 minutes on each side. When you get ready to flip the chicken, put down two new sprigs of Rosemary to place the chicken on. Note: The internal temperature of chicken should be between 160 and 165 degrees.

Plate your Rosemary Infused Chicken with any steamed or pan seared vegetable you choose.

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