

# Chicken Breasts with Citrus-Garlic Marinade

Serves 4

from Chronicle staff writer and Working Cook columnist Tara Duggan.

- 2 tablespoons finely minced orange zest
- ¾ cup freshly squeezed orange juice
- ½ cup red wine vinegar
- ¼ cup honey
- 1 tablespoon Dijon mustard
- 6 garlic cloves, finely minced
- ½ cup minced green onions (white and green parts)
- ¼ teaspoon freshly ground pepper
- ¼ teaspoon hot red pepper flakes
- 1 teaspoon salt
- 4 bone-in chicken breasts, with skin

**instructions:** Combine orange zest and juice, vinegar, honey, mustard, garlic, onions, pepper, pepper flakes and salt. Add chicken, cover and refrigerate for 2 to 4 hours. (If you want to marinate chicken for a longer time, wait to add salt until just before cooking.)

Grill chicken directly over medium-hot coals, covering grill and turning chicken often until cooked through, about 30-35 minutes. (Time varies depending on size of chicken and heat of grill.) Cool, then refrigerate.

The calories and other nutrients absorbed from marinades vary and are difficult to estimate. Therefore, this recipe contains no analysis.