

# Grilled Chicken & Summer Veggies



## Ingredients

- 1 1/2 lbs. boneless, skinless chicken breasts
- 1/2 tsp each sea salt and fresh ground black pepper, or to taste
- 4 Tbsps avocado oil, or olive oil
- 2 Tbsps apple cider vinegar
- 6 fresh garlic cloves, minced
- 1/2 tsp chili flakes
- 1 tsp oregano
- 2 large zucchini, sliced into 1/2 inch pieces
- 4 bell peppers (different colors), sliced into thick strips
- 1 large sweet onion, sliced into 1/4 inch pieces
- a small handful of fresh parsley, chopped

## Instructions

1. In a medium mixing bowl, whisk your oil, vinegar, together with sea salt, pepper, minced garlic, chili flakes and oregano.
2. Place the chicken breast in a Ziploc bag, or glass bowl and pour in HALF of your olive-garlic mixture. Shake or toss to combine, then allow chicken to marinate for at least 30 minutes, covered in the refrigerator.
3. Meanwhile prepare your veggies, and place them in a large bowl. Add the remaining garlic oil mixture and toss well to coat.
4. Heat an outdoor or an stovetop grill to medium-high heat.
5. Discard all marinade.
6. Place the veggies on the grill and cook in batches, flipping them constantly until the edges are nicely charred, about 5-6 minutes until they are crisp-tender.
7. Set on a platter as they are ready.
8. Grill your chicken about 5 minutes on each side, or until internal temperature reaches 165 degrees F.
9. Place chicken on your platter next to the veggies, and sprinkle with fresh chopped parsley if desired.  
(Makes 6 servings)