

Chicken Gremolata

Ingredients:

½ bunch fresh parsley
5 cloves fresh garlic
2 fresh lemons
½ C. mayonnaise
1 whole chicken, quartered

Procedure:

Rinse the parsley, then remove the buds, placing them in a food processor. Slice the garlic and add to the processor. Then, finely grate the rind from the lemons and add to the processor. Blend until the three ingredients are well combined and chopped fine. What you have now is called gremolata, a classic Italian blend used to add a sprightly flavor to dishes. Place the mayonnaise in a mixing bowl, add three heaping tablespoons of the gremolata and blend well. Drop in the chicken pieces and smear with the savory mayonnaise. Bake the chicken on a tray in a pre-heated 375-degree oven for 45 minutes.

Hints:

The plain gremolata can be used on chicken, pork chops, and even lamb chops as a seasoning. Simply pat the gremolata on the meat, bake or broil and serve. The gremolata is also quite good when used as a seasoning at the table. Gremolata adds zest to any vegetable saute and can be used as a condiment for salads. When cooking the chicken, keep in mind that a half dozen carrots, peeled and cut into strips, can be cooked on the same tray. They compliment the chicken today and then can be used as a part of a salad the next day.

Portion: ¼ chicken (approximately 4.5 ounces)

Nutrient content:

350 calories

30 grams protein

30 milligrams calcium

215 milligrams phosphorus

141 milligrams sodium

313 milligrams potassium

Exchange: 4 low sodium meat, ½ fat