



## Grilled Chicken Parmesan

### Ingredients:

- 1 medium eggplant, cut into 1/4-inch-thick rounds
- 4 tomatoes, cut into 1/2-inch-thick rounds
- 5 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 4 boneless, skinless chicken breasts
- 2 ounces Parmesan, thinly sliced

Makes: 4 servings.

Prep Time: 10 minutes

Cook Time: 30 minutes



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### Directions:

1. Preheat grill to medium.
2. Place the eggplant and tomatoes in a single layer on a rimmed baking sheet and brush both sides of the eggplant and tomato slices with 4 tablespoons of the oil.
3. Season with 3/4 teaspoon of the salt and 1/2 teaspoon of the pepper.
4. Grill until tender, about 2 minutes per side for the tomatoes, 5 minutes per side for the eggplant.  
Note: When grilling eggplants or other vegetables, make the slices thin, so the inside becomes tender before the outside turns black.
5. Transfer to a large bowl and toss gently; the tomato slices will fall apart slightly.
6. Brush the chicken with the remaining oil and season with the remaining salt and pepper.
7. Grill until cooked through, about 6 minutes per side.
8. Transfer to a cutting board and slice each breast into quarters.
9. Spoon the eggplant and tomatoes over the chicken and top with the Parmesan.

*Recipe and photo courtesy REAL SIMPLE magazine.*

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