



IL MITO's Grilled Breast of Chicken with Roasted Tomato Basil Sauce

Yield: 4 servings

Prep time: 25 minutes

Cook time: 35 minutes

Difficulty: Medium

Ingredients

- 4 boneless hormone-free chicken breast (6 ounces each)
- Salt & pepper

For the sauce

- 1/4 pound of pancetta diced and sautéed crisped
- 6 roma tomatoes (oven roasted at 275 for 6 hours)
- 4 teaspoons chopped Italian parsley
- 2 sprigs of whole basil
- 2 oz of Chopped basil
- 2 oz of un-dried tomatoes
- 4 ounces Romano
- 4 cloves of garlic chopped
- 1/2 onion diced
- Salt & pepper
- 6 ounces extra virgin olive oil

Directions

1. Preheat grill.
2. Pound chicken thin and drizzle each breast with olive oil, season with salt and pepper. Grill chicken until done, approximately two minutes per side.
3. Meanwhile make your roasted tomato sauce. Visit www.ilmington.com for the sauce recipe.