



Strawberry Mint Chicken



Ingredients

1 T. cornstarch
1 T. sugar
1/8 t. nutmeg
1/8 t. pepper
1/2 C. water
1/2 C. white wine or grape juice
4 t. fresh mint minced
1 C. Fresh Strawberries
4 skinless chicken breasts
1/2 t. salt
1/4 t. pepper
Sliced green onion

Soak Chicken in 1 C. wine mixed with
2 t. (or half the mint) and 1 T. salt overnight.

The following day remove chicken from fridge. Bring
up to room temp.

Next make the sauce:

Mix the first five ingredients together until smooth. Stir in strawberries
and wine. Bring to a boil. Simmer 3-5 minutes to thicken. Remove from heat and stir in
remaining mint. Divide sauce in half.

Grilling the chicken:

Sprinkle chicken with salt and pepper. Place chicken on grill of your choice and cook until internal
temperature reaches 165 degrees. While chicken is grilling brush with sauce. Re-heat the remaining
sauce to serve over the top chicken. Sprinkle with green onions.