

Betty's French Dressing Grilled Chicken Breast Recipe



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In this video, Betty demonstrates how to make French Dressing Grilled Chicken. All you need to do for this recipe is lightly season your chicken breasts and pour some French Dressing over them and take them to the grill! This great and easy entrée was given to me by my hair stylist, Donnie Lee Philpot, who has beauty shops in London, Kentucky and Richmond, Kentucky. Thanks for a wonderful recipe, Donnie Lee!

Ingredients (for 4 chicken breasts):

4 uncooked chicken breasts, trimmed of excess fat
salt and pepper (optional)
about 1/3 of a bottle of French salad dressing

Rinse the chicken breasts with clear water and pat dry with paper toweling. Lightly season with salt and pepper, if desired. Drizzle French salad dressing over the chicken breasts and work it in with your fingers (both sides). You do not need to let this marinate, but, if you choose to do so, just place plastic wrap over the breasts and store them in the refrigerator for about 4 hours. Place the prepared chicken breasts on an outdoor grill, away from the direct heat. Grill for about 15 to 20 minutes, turning as desired. Be sure to grill any type of chicken until done all the way through. You can leave the chicken breasts on the grill a little longer, if you want them browned a bit. If you do not have an outdoor grill, you may use an electric kitchen grill, or you may bake these chicken breasts in the oven on a broiler pan at 400 degrees for about 25 to 30 minutes. These make a great entrée, and they have just a bit of the tangy French dressing flavor for interest! I hope you enjoy them!!! --Betty ☐