



FROM ELLENA'S COOKBOOK NO. 3

LEMON PEPPER CHICKEN TENDERS

Ingredients

1/4 cup Latah Creek Chardonnay
Zest and juice of 2 lemons
1/3 cup extra virgin olive oil

2 lbs. boneless chicken breast tenders, or
chicken breasts cut into cubed
Coarsely ground black pepper and salt, to
taste

Directions

In a shallow dish, combine wine, lemon zest and juice with olive oil. Season chicken with salt and pepper. Pour half of the marinade over chicken and reserve half. Turn chicken in marinade to coat lightly. Heat a large nonstick skillet, grill pan or indoor grill to medium-high heat. Cook tenders in 2 batches, in a single layer in hot skillet or grill. Cook tenders 3 minutes on each side, while basting occasionally with reserved marinade. Transfer chicken to a platter and serve immediately.

Ellena's Notes

This is a really easy, quick dish that is so flavorful you'll love it! My daughter Natalie served this to Mike and I one evening and it has now become a regular meal at our home also. This dish is also extremely versatile: I have served it by itself over rice, as a party appetizer by placing chicken pieces on bamboo skewers and served with dipping sauces, or as a wonderfully refreshing main-course-dinner-salad over butter lettuce. The possibilities are endless.



Wine Pairing

This dish is delicious with our Chardonnay, Pinot Gris, or Ellena-Ellena.