

APPLE-MARINATED CHICKEN AND VEGGIES

Preparation: 20 minutes | Cooking: 25 minutes | Servings: 6

INGREDIENTS

6 boneless, skinless chicken breasts
4 large carrots
3 garlic cloves, minced
2 medium zucchini
2 medium yellow summer squash
1 cup apple juice
1/2 cup canola oil
1/4 cup packed brown sugar
1/4 cup reduced-sodium soy sauce
3 tablespoons lemon juice
2 tablespoons minced fresh parsley



INSTRUCTIONS

In a small bowl, whisk the first seven ingredients until blended. Place 1 cup marinade and chicken in a large resealable plastic bag; seal bag, and turn to coat. Refrigerate 6 hours or overnight. Cover and refrigerate remaining marinade. Cut carrots, zucchini and squash lengthwise into quarters; cut crosswise into 2-inch pieces. Toss with 1/2 cup reserved marinade. Drain chicken, discarding marinade in bag. Grill chicken, covered, over medium heat or broil 4 inches from heat 6-8 minutes on each side or until a thermometer reads 165°, basting frequently with remaining marinade during the last 5 minutes. Keep warm. Transfer vegetables to a grill wok or a basket; place on grill rack. Grill, covered, over medium heat 10-12 minutes or until tender-crisp, stirring frequently. Serve with chicken.