

# Rita's Simple Grilled Chicken

Also Known As

from Rita Heikenfeld

<b>Course</b>	<b>Yield</b>	<b>Type of Food</b>	<b>Main Ingredient</b>
Entrée	4 servings	Fowl	Chicken

**Comments**

A delicious but simple dish to prepare from Cincinnati's own herbalist extrodinare, Rita Heikenfeld.

<b>Prep Time</b>	<b>Cooking Time</b>	<b>Ethnic Origin</b>
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1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Pre-Heat?  Yes      Temperature      Grease Pan?  Yes

Measure	Ingredient	Measure	Ingredient
4	chicken breasts, skinned and boned and slightly pounded for even grilling Rita's Mediterranean seasoning for chicken:		to taste
		1 Tbs.	plus
		1.5 tsp.	Kosher or sea salt
3 Tbs.	sweet Hungarian paprika		
3 Tbs.	ground cumin, be generous		
1 Tbs.	ground coriander		
1 Tbs.	dried oregano		
	Several dashes garlic powder (how much is up to you)		
1.5 tsp.	crushed red pepper flakes or more		

**Instructions**

Rub breasts all over with olive oil and sprinkle generously with seasoning. Let sit 10 minutes or so. Grill over medium high 6 minutes on each side or until juices run clear.