
Grilled Chicken with Scallion Pesto

Description

It's BBQ season - and here is a recipe that uses scallions and combines it with pesto-crust, barbecued chicken.

Total time: 1 hr Yield: 6 Servings

Ingredients

1 cup Chinese parsley (chopped)
4 large scallions (chopped)
2 clove garlic (minced)
3 tsp fresh ginger root (minced)
1 1/2 Tbsp extra virgin olive oil
4 Tbsp water
1 Tbsp shoyu
non-stick cooking spray
8 chicken leg quarters (thigh and drumstick pieces)
salt
fresh ground black pepper
20 whole scallions (cleaned and roots removed)

Prep Time: 1 hr Total Time: 1 hr

Instructions

Prepare the scallion pesto by combining all the pesto ingredients (Chinese parsley, 4 large scallions, 1 clove garlic, fresh ginger root, 4 tablespoons extra virgin olive oil, water, shoyu) in a food processor, blending until smooth (hint - mince the garlic clove first, by itself, then add everything else). Set aside 2 tablespoons of the pesto.

Prepare the grill with cooking spray. For the chicken, gently pull the skin up, and put a teaspoon or more of the pesto on the meat itself. Repeat this process for every piece. Place chicken in a large bowl, and toss with the remaining pesto to coat. Season liberally with salt and pepper. Set aside for 10 to 15 minutes. In a separate pan, toss whole scallions with 1½ tablespoons of extra virgin olive oil, minced garlic, salt and pepper.

Grill chicken on medium-high for 8 to 10 minutes each side until a crust develops and the juices run clear. Move chicken to a cooler side of the BBQ, then grill whole scallions for 4 minutes each side until slightly charred. Serve together.

Recipe brought to you by:

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Source:

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