

Grilled Lemonade

For the simple syrup:

- 1 cup sugar
- 1 cup water

1. For the simple syrup, combine 1 cup sugar and 1 cup water in a small saucepan over medium heat. Boil for 5 minutes until sugar is dissolved. Cool completely.
2. Preheat a grill pan or grill until very hot. Oil lightly to prevent any sticking.
3. Halve the lemons and sprinkle with a small amount of sugar. Place cut side down on the grill pan and cook for 2-3 minutes. Remove to a plate until cool to touch. Squeeze the lemon through a strainer while still warm into a measuring cup. You will need 1 full cup of lemon juice.
4. Cut into thick slices another lemon (or two) and sprinkle both sides with sugar. Grill until marks appear, repeat on the other side. Set aside for garnish.
5. Add the lemon juice to a pitcher. Follow with the simple syrup or honey and 4 cups of water.
6. Makes six 8 oz. servings.



Balsamic & Honey Chicken Skewers

- 1 pound boneless skinless chicken breasts, about 2 breasts
 - 2 tablespoons balsamic vinegar
 - 1 tablespoon extra virgin olive oil
 - 1 clove garlic minced
 - 3 tablespoons honey divided
 - 1 teaspoon fresh rosemary minced, plus more for garnish
 - kosher salt and freshly ground black pepper
1. Gather 3-5 wooden skewers and place in a shallow plate with water for 30 minutes.
 2. Trim the chicken breasts of any extra fat. Cut into 1 inch chunks and set aside.
 3. In a medium size mixing bowl, whisk the balsamic vinegar, extra virgin olive oil, garlic, 1 tablespoon honey and 1 teaspoon rosemary plus a generous pinch of kosher salt and freshly ground black pepper. Add the chunks of chicken breast and refrigerate for 1-2 hours.
 4. Preheat the grill to high. Thread the chunks of chicken onto the wooden skewers.
 5. Reduce the heat to medium-high. Cook the chicken for 3-5 minutes on each side, basting the chicken with the remaining honey. Continue turning until chicken is cooked through, about 10 minutes or until chicken is opaque.
 6. Let sit for 2-3 minutes and serve. Drizzle with more honey and fresh rosemary if you'd like.

