

Preparation: 20 mins  
Cooking: 50 mins  
Ready in: 1 hr 10 mins  
Serves: 4

## Tomato Grilled Chicken with Oven Roasted Tomato and Onion Marmalade

### Ingredients

#### Chicken

- 3 vine ripened tomatoes, cut into 8 wedges
- 1 sweet onion, cut into 8 wedges
- 1 Tbsp (15 mL) canola oil
- 2 Tbsp (30 mL) each fresh oregano and parsley, chopped
- 2 cloves garlic, minced
- 1/4 tsp (1 mL) each salt and fresh ground pepper
- 8 boneless skinless chicken thighs (about 1 1/2 lb/680 g)
- 1 Tbsp (15 mL) canola oil
- 1 Tbsp (15 mL) fresh parsley, chopped

#### Tomato Marmalade

- 2 vine ripened tomatoes, chopped
- 1/2 cup (125 mL) rice vinegar
- 1/3 cup (75 mL) packed light brown sugar
- 1 tsp (5 mL) fresh thyme, chopped
- 1 small clove garlic, minced
- 1/2 tsp (2 mL) salt

### Directions

1. Combine tomatoes, vinegar and sugar into saucepan and bring to a boil. Reduce heat; add thyme, garlic and salt. Boil gently for about 35 minutes, stirring often until most of the liquid is evaporated. Set aside.
2. Meanwhile, toss together tomatoes, onion, oil, oregano, parsley, and garlic. Spread onto parchment paper lined baking sheet and roast in 400 F (200 C) oven for about 30 minutes or until very tender and golden. Stir in salt and pepper; keep warm.
3. Toss chicken thighs with oil and parsley. Add 3 Tbsp (45 mL) of the Tomato Marmalade and toss to coat. Place on greased grill over medium heat and grill, turning occasionally for about 12 minutes or until no longer pink inside and internal temperature reaches 165°F (74°C).
4. Spoon roasted chopped tomato and onion into shallow bowl and top with grilled chicken and drizzle with remaining marmalade to serve. *Recipe courtesy: Emily Richards & Chicken Farmers of Canada.*

### Shopping List

#### Pantry Staples

- canola oil
- rice vinegar
- light brown sugar
- salt and pepper

#### Meat

- 8 boneless chicken thighs

#### Produce

- 5 vine ripened tomatoes
- 1 sweet onion
- 2 Tbsp fresh oregano
- 3 Tbsp fresh parsley
- 3 cloves garlic
- 1 tsp fresh thyme

#### Notes:

Before you start, wash all surfaces and your hands with soap and warm water, and remember to wash your hands, utensils and cutting boards after they touch raw meat or eggs. Avoid cross-contamination by using a different cutting board for your meat and other ingredients. Make sure you're cooking to safe temperatures and chilling any leftovers within two hours.



**Remember to check your pantry and refrigerator before you go shopping!**