

Hardcore Valentine Chicken

Ingredients:

- A cookie Heart-shape cutter
- $\frac{3}{4}$ cup of polenta
- 3 x $\frac{3}{4}$ cup of water
- One chicken breast
- Balsamic vinegar
- Salt and pepper
- Frisee lettuce

Directions:

Combine water and some salt in a saucepot. Over a high flame, bring water to the boil and slowly stir in polenta. Heat and stir for five minutes until mixture pulls away from sides of pot. Pour out onto a lightly moistened platter and flatten into the square. Let it cool off. Use the cookie cutter to cut polenta into the shape of a heart.

You can make three full hearts out of this square. Set the grill at 400 degrees. Put the chicken breast to marinate with two-tablespoons of balsamic vinegar, some salt and black pepper. Marinate for 10 minutes.

Now take the chicken breast out and cut it into the heart shape with the cookie cutter. Grill for four minutes. Serve polenta and chicken hearts on a plate. Decorate your plate with frisee lettuce. Enjoy this healthy Valentine dinner.