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Buttermilk Chicken

8 servings

* 8 skinned and boned chicken breasts (about 4 lbs)(I used thighs and drumsticks)
* 1-1/2 cups Buttermilk-Herb Salad Dressing (see recipe below)
* 2 teaspoons salt
* 1 teaspoon freshly ground black pepper

Place chicken in a Ziploc plastic freezer bag. Pour Buttermilk-Herb Salad Dressing evenly over chicken. Seal and chill ast least 2 hours or up to 8 hours. Remove chicken from marinade, discarding marinade. Sprinkle chicken evenly with salt and pepper. Grill, covered with grill lid, over medium-high heat until done. Remove chicken from grill; cover with foil and let stand ten minutes before serving.

Buttermilk-Herb Salad Dressing

* 1-1/2 cups buttermilk
* 1/2 cup sour cream
* 1/4 cup light mayonnaise
* 3/4 teaspoon salt
* 1/2 teaspoon sugar
* 1/4 teaspoon garlic powder
* 1 tablespoon grated lemon rind (I skipped)
* 1 tablespoon fresh lemon juice
* 1/4 cup fresh flat-leaf parsley, chopped
* 1/4 cup fresh basil, chopped
* 1/4 cup fresh mint, chopped (I used about 1/8 cup)

Whisk together all ingredients in a bowl until blended. Cover and chill until ready to serve.