

Marinated Grilled Chicken Breast

Everyone needs a quick and versatile grilled chicken recipe that consistently delivers great flavour. This healthy and delicious option fits the bill!

The best part about this recipe is the flavours go with just about anything else you want to serve, including grilled garden vegetables, leafy salads or more substantial sides, such as potato or pasta salad. To save time, you can double or triple this recipe to pull together quick lunches or dinners throughout the week.

Ingredients:

Marinade:

2 T. extra virgin olive oil

$\frac{1}{2}$ c. apple cider vinegar

2 T. lime juice

2 t. organic lime zest

2 T. fresh oregano, rinsed and crushed with fingers to release oils

2 sprigs fresh rosemary, rinsed and crushed with fingers to release oils

3 garlic cloves, crushed and peeled

salt and pepper, to taste

4 8-oz. boneless, skinless chicken breasts

Directions:

Add the marinade ingredients to a large glass bowl and whisk to combine. Add chicken breasts to a large seal-able freezer bag and pour marinade mixture over top. Seal back and turn to coat breasts thoroughly.

Place the bag in a bowl and set in the refrigerator for 1 to 3 hours. Turn the bag a couple times to evenly distribute the marinade.

Remove chicken from the refrigerator and discard marinade. Grill breasts over medium direct heat, turning once, for 10 – 12 minutes total. Remove from heat and let set for 5 minutes before serving.