



Grilled Chicken Marinade



Ingredients:

- 1 cup olive oil
- $\frac{3}{4}$ cup soy sauce
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup mustard (Dijon or yellow)
- $\frac{1}{4}$ cup Worcestershire sauce
- 2 tsp minced garlic
- 1- $\frac{1}{2}$ tsp freshly ground black pepper
- 2 pounds chicken tenderloins
- 6-8 wooden meat skewers

Method:

1. Combine olive oil, soy sauce, lemon juice, mustard, Worcestershire sauce, minced garlic and freshly ground black pepper and whisk together well.
2. Put chicken tenderloins into a lidded container or ziplock bag and pour marinade over top of chicken.
3. Make sure all the chicken is coated, then snap on the lid or zip the top closed.
4. Pop it into the refrigerator for at least 4 hours or overnight.
5. When chicken is ready, soak 6-8 wooden meat skewers in water for at least a half an hour, (so they do not burn on the grill).
6. Once skewers have soaked, begin threading chicken onto skewers.
7. Preheat grill to medium high heat (about 350F). Place skewers on clean grill.
8. Cook for about 5-6 minutes per side (until internal temp. is 165F degrees).
9. It is important that you flip the chicken using tongs and you handle it by the meat portion of the skewer. Do not try flipping using the skewer itself.
10. Allow to cool for a couple of minutes before serving.