



Lemon Garlic Chicken Marinade



Ingredients:

- 4 skinless, boneless chicken breasts
- $\frac{1}{3}$ cup olive oil
- $\frac{1}{3}$ cup lemon juice (from 2-3 lemons)
- 1 $\frac{1}{2}$ tablespoons soy sauce
- 2 cloves garlic, minced
- $\frac{1}{2}$ teaspoon oregano
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Method:

1. Place the chicken breasts in a large ziplock bag. In a small bowl, whisk together the olive oil, lemon juice, soy sauce, garlic, oregano, salt, and pepper.
2. Pour the marinade over the chicken and seal the bag, squeezing out all the air.
3. Move the chicken around in the marinade until it is all evenly coated.
4. Refrigerate and let it marinate for at least 30 minutes and up to 4 hours (see note).
5. You can freeze the chicken in the marinade immediately and let it marinate as it defrosts, or marinate and cook it immediately.
6. Either grill the chicken for 6-8 per side, pan fry for 6-8 minutes per side over medium heat, or bake at 375 degrees F for 20-30 minutes, or until an internal temperature of 165 degrees F has been reached.
7. Let the chicken rest, tented with foil, for 5 minutes before serving.