BEST GRILLED CHICKEN, EVER!

Chicken so good you'll want to make extra! Try this grilled chicken recipe next time you're ready to grill! A meal that's super easy and tasty in 15 minutes or less! It's high in lean protein and filling and satisfying for all. Let chicken marinate for 1-2 days for best flavor on the grill!

Ingredients:

- 2.5lbs (4-6 large) chicken breasts

For the Marinade

- 1/4 cup coconut aminos
- 1/4 cup white balsamic vinegar
- 2T olive oil
- 2T brown sugar or coconut sugar
- 1T Worcestershire sauce
- 1T dijon mustard
- 1 tsp dried thyme
- 2 large garlic cloves, chopped
- Juice of 1 lime
- Large handful parsley, chopped
- 1tsp sea salt
- 1tsp ground black pepper



Directions:

For the Marinade

1. In a gallon size Ziploc bag add coconut aminos, balsamic vinegar, olive oil, sugar, Worcestershire, dijon mustard, dried thyme, chopped garlic, lime juice, and salt/pepper to taste.
2. Seal bag tightly and shake. Open bag and add chicken. Seal tightly. Refrigerate for at least 1 hour, but preferably 1-2 days, flipping bag over 1-2 times a day.

To Grill Chicken

1. Preheat grill to medium-high heat. When hot, grab a chicken breast (one at a time) from the bag with tongs and shake off excess marinade into bag. Add to grill.
2. Grill chicken, flipping once, for 5-8 minutes on each side*, or until chicken is cooked through, being careful not to overcook. Remove from grill (or grill pan).
3. Let rest 5 minutes then serve immediately.

NUTRITION PER SERVING:

(Makes 6 servings) Per serving: Calories 246, Protein 47g, Carbs 9g, Fiber 0g, Sugar 8g, Fat 4g, Sat Fat 0g, Chol 109mg, Sodium 608mg

Reference: www.sodamndelish.com