GRILLED ORANGE CHICKEN

Ingredients:

- 2 lbs boneless, skinless organic chicken breasts
- Organic orange juice
- 1T olive oil
- 1 tsp salt
- Montreal steak seasoning
- Orange peel (optional)



Directions:

1. Fill a deep container with orange juice, olive oil, and salt. Stir to combine.
2. Cut breasts into tenderloins (or buy tenderloins). Place into the prepared container.
3. Sprinkle with Montreal steak seasoning and orange peel.
4. Let chicken marinate for at least three hours.
5. On an indoor grill, cook on high heat for about 10 minutes in the closed position or about 5-7 minutes per side. On a large outdoor grill, cook on medium-high for about 7 minutes per side or until chicken is 165 degrees Fahrenheit and no longer pink on the inside. Makes 8 servings.

NUTRITION PER SERVING:

Per Serving: Calories 166, Carbs 4g, Fiber 0g, Sugar 3g, Protein 26g, Fat 5g, Chol 83mg, Sodium 342mg

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