

The Best Chicken Marinade Recipe

Servings 6

Ingredients

- 2 lbs. Chicken Breasts Tenders, or Thighs
- 1/3 - 1/2 cup Extra Virgin Olive Oil depending on preference
- 3 Tablespoons Fresh Lemon Juice
- 3 Tablespoons Soy Sauce
- 2 Tablespoons Balsamic Vinegar
- 1/4 cup Brown Sugar
- 1 Tablespoon Worcestershire Sauce
- 3 Garlic Cloves minced or 1/2 teaspoon Garlic Powder
- 1 1/2 teaspoon Salt
- 1 teaspoon Pepper
- Garnish:
- Fresh Parsley

Instructions

- In a bowl, stir together oil, lemon juice, soy sauce, balsamic vinegar, brown sugar, Worcestershire sauce, garlic, salt, and pepper.
- Pierce chicken breasts with a fork all over. Place in a large Ziploc bag. Pour marinade over chicken.
- Let marinate for at least 30 minutes. 4 - 5 hours is ideal.
- Preheat grill to medium heat. Brush grill with oil to prevent sticking.
- Place chicken on the grill. Cook for approximately 5 - 6 minutes per side, depending on the thickness of chicken. The internal temperature of the chicken should reach 165 degrees.
- Remove chicken from grill and let rest for 5 minutes.