

6 CHICKEN MARINADE RECIPES

AndiAnne.com

BBQ MARINADE

2 lbs chicken breast
1/2 cup barbecue sauce (low in sugar)
1/4 cup honey or real maple syrup
1/4 cup apple cider vinegar
1/2 Tbsp chili powder

TERIYAKI MARINADE

2 lbs chicken breast
1/2 cup olive oil
1/4 cup soy sauce
1/4 cup honey or real maple syrup
1 tsp all purpose flour
2 garlic cloves, minced
1 tsp ground ginger
Salt and pepper
* whisk flour and soy sauce together in a bowl before adding other ingredients.

FAJITA MARINADE

2 lbs chicken breast
1/4 cup olive oil
1/4 cup honey or real maple syrup
2 Tbsp lime juice
1 tsp onion powder
1 tsp garlic powder
1/2 tsp chili powder
1/2 tsp paprika
1/4 tsp cumin
Salt and pepper

CILANTRO LIME MARINADE

2 lbs chicken breast
2 Tbsp olive oil
2 Tbsp lime juice
1/4 cup fresh cilantro, finely chopped
Salt and pepper

PINEAPPLE MARINADE

2 lbs chicken breast
1/2 cup pineapple juice
3 Tbsp soy sauce
2 Tbsp olive oil
1/2 tsp onion powder
1/2 tsp dried ginger
Salt and pepper

BASIL BALSAMIC MARINADE

2 lbs chicken breast
1/4 cup olive oil
3 Tbsp balsamic vinegar
1 Tbsp dried basil
1 tsp salt
2 garlic cloves, minced

INSTRUCTIONS:

- Add the chicken breasts and all other ingredients into a freezer bag.
- Remove all excess air and seal tightly. Write the name and date on the front of the bag.
- Place in the fridge for up to 2 days or freezer up to 3 months.