

Unbelievable Chicken Marinade

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Adapted from All Recipes.com

I generally don't count marinade, but if you do, it is 1 point

- 1/4 cup apple cider vinegar
- 3 Tbsp prepared coarse ground mustard
- 3 cloves garlic, peeled and minced
- 1 lime juiced
- 1/2 lemon juiced
- 1/2 cup zero calorie brown sugar alternative, such as Surkin Gold
- 1 1/2 tsp salt
- fresh ground pepper to taste
- 2 Tbsp olive oil
- 6 bonless, skinless chicken breasts

1. In a large glass bowl, mix the cider vinegar, mustard, garlic, lime juice, lemon juice, brown sugar, salt and pepper. Whisk in the olive oil. Place chicken in the mixture. Cover and marinate 8 hours or overnight.
2. Grill chicken until juices run clear or internal temperature reaches 165°

Main Course
Chicken