

GRILLED BALSAMIC AND SOY CHICKEN

By: Simply Creative Chef Rob Scott

Ingredients:

Yields 6 servings

2 pounds chicken breast tenders or thighs
1/3 – ½ cup extra virgin olive oil, depending on preference
3 tablespoons fresh lemon juice
3 tablespoons balsamic vinegar
¼ cup brown sugar
1 tablespoon Worcestershire sauce
3 garlic cloves minced (or ½ teaspoon garlic powder)
1 ½ teaspoon salt
1 teaspoon pepper

Directions:

- 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 and pour marinade over the chicken
- Let marinate for at least 30 minutes (4 – 5 hours are ideal)
- Preheat grill to medium heat and brush with oil to prevent sticking
- Place chicken on the grill and cook for approximately 5 – 6 minutes per side, depending on the thickness of the chicken (the internal temperature should reach 165 degrees)
- Remove chicken from the grill and let rest for 5 minutes