

Greek Marinade for Chicken

Recipe adapted from Julie's Lifestyle (blog) 2016



- 5 tablespoons extra virgin olive oil**
- 2/3 cup fresh lemon juice**
- 3 garlic cloves, minced**
- 3 tablespoons oregano, reduce by 2/3 if using dry herbs**
- 3 tablespoons minced fresh parsley, reduce by 2/3 if using dry herbs**
- 1/2 teaspoon red pepper flakes**
- Chicken: use boneless, skinless chicken breasts or thighs**

Per Serving (excluding unknown items): 174 Calories; 17g Fat (84.1% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 3 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. Combine all the ingredients in a sealing plastic bag and mash around to combine.
2. Add chicken pieces [I used boneless, skinless chicken breasts] to the bag and mash it around so all the chicken surfaces are covered in the marinade. Refrigerate for 2-4 hours.
3. Remove chicken and blot dry on paper towels. Discard marinade.
4. Heat an outdoor grill to high, then reduce temperature to medium. Using a oil-soaked paper towel, rub the grill so the chicken will be less likely to stick.
5. Place chicken pieces on the grill and cook until one side is golden brown. If the chicken sticks to the grate, leave it a bit longer - once the chicken has cooked sufficiently it should be loosened so you can lift it. Turn the chicken over and continue grilling, with cover closed, until the internal temperature of chicken breasts has reached 150° or if using chicken thighs, cook it to 165°F. Remove to a platter and allow to rest for about a minute, then serve. If you are vigilant about not overcooking the chicken (past 150°F or 165°F), you'll be rewarded with very tender and moist chicken.