

4 WAYS TO COOK BONELESS, SKINLESS CHICKEN BREASTS:

(Chicken is done when it's 165°F internally.)

BAKE IN OVEN: Bake uncovered for 20-25 minutes at 400°F.

SLOW COOKER: Cook chicken on LOW for 3 to 3 1/2 hours.

INSTANT POT: Cook chicken + marinade + 1/3 cup broth at high pressure for 7 minutes and use a quick release of the pressure.

GRILL: Pound out the chicken to 3/4 inch thick or cut it in half lengthwise. Grill over med-high heat for about 4-5 minutes per side, until done.

Balsamic Herb Chicken Marinade

INGREDIENTS

- 1/3 cup olive oil
- 1/3 cup balsamic vinegar
- 2 teaspoons honey
- 1 teaspoon Dijon mustard
- 2 garlic cloves, minced
- 2 tablespoons minced fresh parsley
(sub: 2 tsp dried parsley, crushed in hand)
- 1 teaspoon dried basil, crushed in hand
- 1 teaspoon dried oregano, crushed in hand
- 1 teaspoon salt
- 1/4 teaspoon pepper



Honey Dijon Chicken Marinade

INGREDIENTS

- 1/3 cup olive oil
- 1/4 cup apple cider vinegar
- 1/4 cup honey
- 2 tablespoons Dijon mustard
- 1 teaspoon salt



The Best Savory Chicken Marinade

INGREDIENTS

- 6 tablespoons olive oil
- 1/4 cup red wine vinegar
- 2 teaspoons Dijon Mustard
- 2 teaspoons Worcestershire sauce
- 2 garlic cloves, minced
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper



Asian Sesame Chicken Marinade

INGREDIENTS

- 1/3 cup oil (recommend: peanut or avocado)
- 1/3 cup unseasoned rice vinegar
- 1/4 cup soy sauce
- 3 tablespoons honey
- 1 teaspoon sesame oil
- 1/4 teaspoon black pepper



Cilantro Lime Chicken Marinade

INGREDIENTS

- 1/2 cup olive oil
- Juice and zest of 2 limes (about 1/4 cup)
- 1/3 cup chopped fresh cilantro
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1/4 teaspoon red pepper flakes



Southwest Chicken Marinade

INGREDIENTS

- 1/3 cup olive oil
- 1/3 cup apple cider vinegar
- 1 tablespoon chopped fresh cilantro or parsley
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1/2 teaspoon black pepper



Lemon Garlic Chicken Marinade

INGREDIENTS

- 1/2 cup olive oil
- Juice and zest of 2 lemon (about 1/4 cup)
- 4 garlic cloves, minced
- 2 teaspoons minced fresh thyme leaves
(sub: 1/2 teaspoon dried thyme or 1/4 tsp ground thyme)
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper

