

Apple Cider Vinegar Chicken

- 1 pound boneless, skinless chicken breasts
- 1/4 cup apple cider vinegar
- 2 tablespoons Italian seasoning
- 4 teaspoons olive oil
- 1 teaspoon Himalayan sea salt
- 1/2 teaspoon ground pepper

1. Whisk vinegar, Italian seasoning, oil, salt and pepper in a bowl until well combined. Place chicken in a shallow dish or 1-gallon sealable plastic bag.

2. Add the marinade, toss to coat and refrigerate for at least 1 hour or up to 12 hours. Remove chicken from the marinade, shake off excess and discard leftover marinade.

3. Heat a grill or grill pan. Once hot, place the chicken on the grill and cook for about 5 minutes per side, or until cooked through and no longer pink.

4. If you do not have a grill, you can also broil the chicken. Line a broiler pan (or a baking sheet) with foil. Place the chicken on the foil. Broil, watching carefully so it does not burn. Flip chicken after about 5 minutes. Let cook for 10-15 minutes or until chicken is cooked through and no longer pink.

5. Enjoy chicken immediately or let cool, package in storage containers, and save for later use.

Makes 4 servings.

Serving Size = 3 ounces chicken

Enjoy with 1 serving of on plan fruit & 2 servings of vegetables.

