

BALSAMIC HERB CHICKEN



SERVING SIZE

4



INGREDIENTS

ITEM

ITEM	QUANTITY
Chicken Breast	2 Lbs.
Olive Oil	2 Tbsp.
Ideal Protein Balsamic Dressing	1/4 Cup
lemon, Juiced	1
Dried Thyme or Rosemary	1 Tsp.
Garlic Powder	1/2 Tsp.
Salt	2 Tsp.
Black Pepper	1 Tsp.



PREPARATION

- In a small bowl, whisk together olive oil, balsamic dressing, lemon juice, thyme (or rosemary), garlic powder, salt, and black pepper.
- Place chicken breasts in a shallow dish and pour the marinade over them. Toss to coat evenly. Let marinate for 15-20 minutes.
- Heat a large skillet or grill pan over medium heat.
- Cook chicken 6-7 minutes per side, or until golden and cooked through, spooning extra marinade over the chicken as it cooks.
- Remove from heat and let rest 2-3 minutes before serving.
- Enjoy!