

BALSAMIC HERB CHICKEN



SERVING SIZE

4



INGREDIENTS

ITEM

Chicken Breast
Olive Oil
Ideal Protein Balsamic Dressing
lemon, Juiced
Dried Thyme or Rosemary
Garlic Powder
Salt
Black Pepper

QUANTITY

2 Lbs.
2 Tbsp.
¼ Cup
1
1 Tsp.
½ Tsp.
2 Tsp.
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!