7 CHICKEN MARINADE RECIPES you can freeze

- CILANTRO
- JERK
- LEMON GINGER
- HONEY GARLIC
- CURRY & YOGURT
- CHIPOTLE
INSTRUCTIONS

Combine all ingredients in a heavy duty freezer bag. Add chicken breasts and turn to coat in marinade.

FRIDGE:
Marinate the chicken in the fridge for 2-24 hours.

FREEZER:
If freezing, place in the freezer immediately. Thaw in the fridge overnight, or by immersing the bag in a bowl of cold water for a couple of hours.

TO BAKE:
Heat oven to 425°F. Bake chicken in a shallow baking dish for 10 minutes, flip over, then bake for another 10-20 mins.

For 5-7 oz chicken breasts, bake for 20 minutes total. For 10 oz and larger chicken breasts, bake for at least 25 mins

Allow chicken to rest at room temperature for 5-10 minutes before slicing.

Recipes

Cilantro Lime Chicken Marinade

Ingredients
Per chicken breast (serves 2):
1 tablespoon olive oil
1 tablespoon lime juice
2 teaspoons honey
¼ cup cilantro leaves, chopped
1 clove garlic, minced
¼ teaspoon salt

For 1 lb of chicken (serves 4):
2 tablespoons olive oil
2 tablespoons lime juice
4 teaspoons honey
½ cup cilantro leaves, chopped
2 cloves garlic, minced
¼ teaspoon salt

Sweet Chili Chicken Marinade

Ingredients
Per chicken breast (serves 2):
½ teaspoon dried thyme leaves
½ teaspoon ground allspice
1 tablespoon brown sugar
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon garlic powder
¼ teaspoon cinnamon
¼ teaspoon cayenne
1 tablespoon olive oil
1 tablespoon lime juice

For 1 lb of chicken (serves 4):
1 teaspoon dried thyme leaves
1 teaspoon ground allspice
2 tablespoons brown sugar
½ teaspoon salt
½ teaspoon pepper
½ teaspoon garlic powder
½ teaspoon cinnamon
¼ teaspoon cayenne
2 tablespoons olive oil
2 tablespoons lime juice

Lemon Ginger Chicken Marinade

Ingredients
Per chicken breast (serves 2):
1 tablespoon olive oil
1 teaspoon lemon juice
1 teaspoon minced ginger
¼ teaspoon salt
(optional) ¼ teaspoon red pepper flakes

For 1 lb of chicken (serves 4):
2 tablespoons olive oil
2 teaspoons lemon juice
2 teaspoons minced ginger
¼ teaspoon salt
(optional) ¼ teaspoon red pepper flakes

Soy Honey Garlic Chicken Marinade

Ingredients
Per chicken breast (serves 2):
1 tablespoon olive oil
1 tablespoon soy sauce (I use reduced sodium)
2 tablespoons honey
1 clove garlic, minced
2 tablespoons water (add just before baking)

For 1 lb of chicken (serves 4):
2 tablespoons olive oil
2 tablespoons soy sauce (I use reduced sodium)
½ cup honey
2 cloves garlic, minced
½ cup water (add just before baking)

Curry Yogurt Chicken Marinade

Ingredients
Per chicken breast (serves 2):
2 tablespoons yogurt
1 teaspoon lime juice
½ teaspoon salt
1 teaspoon curry powder
½ teaspoon brown sugar

For 1 lb of chicken (serves 4):
2 tablespoons yogurt
2 teaspoons lime juice
½ teaspoon salt
2 teaspoons curry powder
1 teaspoon brown sugar

Chipotle Lime Chicken Marinade

Ingredients
Per chicken breast (serves 2):
1 tablespoon olive oil
1 teaspoon adobo sauce (from a can of chipotle peppers)
¼ teaspoon paprika
1 teaspoon brown sugar
1 clove garlic, minced
1 tablespoon lime juice
½ teaspoon salt

For 1 lb of chicken (serves 4):
2 tablespoons olive oil
2 teaspoons adobo sauce (from a can of chipotle peppers)
½ teaspoon paprika
2 teaspoons brown sugar
2 cloves garlic, minced
2 tablespoons lime juice
¼ teaspoon salt