7 Chicken Marinade Recipes you can freeze
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 10-20mins.

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.

**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

**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)
- ¼ cup honey
- 2 cloves garlic, minced
- ¼ cup water (add just before baking)

**Jerk 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
- ½ 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

**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

**Sweet Chili Chicken Marinade**

**Ingredients**

Per chicken breast (serves 2):
- 1.5 tablespoons soy sauce
- 3 tablespoons sweet chili sauce
- 2 tablespoons water (add just before baking)

For 1 lb of chicken (serves 4):
- 3 tablespoons soy sauce
- 1/3 cup + 1 tablespoon sweet chili sauce
- ¼ cup water (add just before baking)

For 1 lb of chicken (serves 4):
- 1 tablespoon lime juice
- ½ teaspoon salt
- 1 teaspoon curry powder
- 1 teaspoon brown sugar

**Curry Yogurt Chicken Marinade**

**Ingredients**

Per chicken breast (serves 2):
- 2 tablespoons yogurt
- 1 teaspoon lime juice
- 2 tablespoons water (add just before baking)

For 1 lb of chicken (serves 4):
- 2 tablespoons yogurt
- 2 teaspoons lime juice
- ¼ teaspoon salt
- 1 tablespoon brown sugar

For 1 lb of chicken (serves 4):
- 2 tablespoons curry powder
- 1 tablespoon brown sugar