

# *Christie's Chicken Marinade*

## Nutritional Highlights

- The vinegar in this marinade tenderizes the chicken to make a moist and juicy product packed with flavor.
- Chicken breast is a great option for a lean protein source.
- Servings: 4

## Ingredients

- 2/3 cup canola oil
- 1/3 cup red wine vinegar
- 1/4 cup spicy brown mustard
- 2 cloves garlic, minced
- 1 tsp dried basil
- 1 tsp dried oregano
- 4 boneless, skinless chicken breasts
- 1 large sliced yellow onion

## Directions

- Place all ingredients in a large bowl and whisk to combine.
- Place chicken breasts in a gallon size Ziploc bag. Pour marinade over the chicken and combine so that chicken is evenly coated in marinade.
- Seal bag and refrigerate overnight, or for at least 2 hours.
- Grill chicken on a grill pan or grill until internal temperature reaches 165F.
- Serve atop salad greens or with your favorite roasted vegetables and whole grain for a deliciously balanced meal.