



GARLIC SOY CHICKEN

INGREDIENTS

2-3lb Chicken

¾ Cup Soy Sauce

(sub Tamari or coconut aminos for GF)

1 TB Hoisin

1 TB Honey

2 TB minced Garlic

1 TB Rice Vinegar

DIRECTIONS

1. Prep Chicken (If I am using Costco Chicken Breast I like to cut it into smaller pieces).
2. In a bowl combine, soy, hoisin, honey, garlic, and vinegar and mix well. Add chicken to the bowl and let it marinate all day.
3. OVEN: Preheat oven to 400 degrees F and bake for 18-22 minutes or until internal temp reaches 165 degrees F.
4. GRILL: Prepare grill and grill 7-9 minutes per side or until internal temp reaches 165 degrees F.
5. Serve with your favorite veggie and rice!

NOTES

This recipe is wonderful with Chicken Thighs! Any type of chicken will work 😊