



# GARLIC SOY CHICKEN

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## INGREDIENTS

- 2-3lb Chicken
- $\frac{3}{4}$  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 😊