

C's Marinated Chicken Strips

-Marinade recipe from John Guarnieri

Yields: Enough marinade for 6 - 8 (6 oz.) chicken breasts

Chicken Marinade:

2 cups Low-Fat Italian Dressing (not fat-free)

3 Tbsp. Low-Sodium Soy Sauce or Tamari

1 1/2 tsp. Sesame Oil

3/4 tsp. Garlic Powder

1/2 tsp. fresh black pepper

Directions:

Step 1: Pour all of the above in a large freezer zip-lock bag. Add the whole, boneless, skinless chicken breasts and allow to marinate for at least 1 hour, but no longer than four in the refrigerator. After you remove the chicken, zip up the rest of the marinade and toss.

Step 2: Heat your grill or your grill pan. You do not have to spray either with cooking spray. When the grill or pan is really hot, add the whole chicken breasts. Cook the first side for 3 minutes. Flip. Cook the second side for 3 minutes. Turn down the grill or flame to med-low. Continue cooking for about 6 - 8 more minutes or until no longer pink inside. Cover the pan or close the lid to your grill for about the last 2 minutes.

Step 3: Remove from the grill or pan and place on a large cutting board. Allow to cool for about 5 minutes. Cutting length-wise, cut the chicken into 1 inch strips.

Step 4: After you make your strips, place them in a bowl to allow the cooked chicken *marinade juices* to soak up into the strips. Cool completely.

Step 5: Weigh out your oz. amount and place into a little zip-lock bag for your meals. Viola! Done! Will last for up to 4 - 5 days in your fridge.

COOKS HINTS:

1. Don't flip the chicken during cooking more than the one time to keep it moist!
2. Don't cook it to death or it will be dry!