**Grilled Chicken Marinade**

(6 servings)

Ingredients

* 2 lb chicken breast
* 1/3 – ½ Extra Vigin Olive Oil
* 3 tbsp fresh lemon juice
* 3 tbsp soy sauce
* 2 tbsp balsamic vineagar
* ¼ cup brown sugar
* 1 tbsp Worcestershire sauce
* 3 garlic cloves minced
* 1 ½ tsp cajun seasoning salt-free
* 1 ½ tsp salt
* 1 tsp pepper

Directions

* In a bowl, stir together oil, lemon juice, soy sauce, balsamic vinegar, brown sugar, Worcestershire sauce, garlic, salt and pepper.
* Pierce chicken with fork all over. Place in large Ziploc bag. Pour marinade over chicken.
* Marinate chicken, 30 minutes min, 4-5 hours is ideal.
* Preheat grill to medium heat.
* Grill chicken approximately 5-6 minutes each side. (165 temp)