

Italian Balsamic Grilled Chicken



Ingredients

- ☐ 2 lbs Chicken
- ☐ 1.5 tbsp Olive Oil
- ☐ 2 tbsp Balsamic Vinegar
- ☐ 1 tbsp Garlic, minced
- ☐ 1 tbsp Italian Seasoning
- ☐ 1 tsp Sea Salt
- ☐ 1 tsp Pepper
- ☐ Fresh Mint

Utensils

- ☐ Mixing bowl
- ☐ Skillet/pan

Cooking Instructions

1. Mix ingredients for marinade together in bowl.
2. Place raw chicken in sealable bag and pour in marinade.
3. Remove air from bag.
4. Let marinate overnight.
5. Set nonstick skillet on medium-high heat.
6. Cook chicken for 6-8 minutes per side.
7. Let sit for 5 minutes.