

Time: 30 minutes

Materials: gallon sized Ziploc bag, knife, cutting board, grill pan

1 Ingredients

Makes 4 servings

- 1 lb. boneless and skinless chicken thighs
- 4 cloves of garlic, minced
- 1/4 c. lemon juice
- 4 Tbsp. extra virgin olive oil

2 Recipe

1. Put all ingredients in the Ziploc bag and refrigerate for at least 1 hour or overnight.
2. Heat up the grill pan on HIGH for 5 minutes.
3. Place chicken on the pan for 2 minutes.
4. Rotate 90° and let it cook for 2 minutes.
5. Flip the chicken to the other side and let it cook for 2 minutes.
6. Rotate 90° and let it cook for 2 minutes.
7. Turn heat to MEDIUM and let chicken continue to cook for 5 minutes.
8. Take chicken off pan and cut into the center. If juices do not run clear, put back on the pan to cook for another 2 minutes and repeat.