# George Foreman Grill

<https://foremangrillrecipes.com/>

## Garlic Herb Chicken

**Ingredients:**

* 1 lb boneless skinless chicken breasts
* 1/3 cup olive oil
* 1 teaspoon chopped rosemary
* 1 teaspoon oregano
* 1 teaspoon thyme
* 2 cloves minced garlic
* Salt and pepper to taste

**Total time:45 min** – Prep time:40 min – Cook time:5 min – Serves:2 people  
**Directions:**

Combine all ingredients, except chicken, in a bowl and mix well. Pound chicken will a meat mallet until 1/4″ to 1/2″ thick. Place chicken in a baking dish with the marinade, cover and place in refrigerator for at least 30 minutes (the longer the better – overnight if you can).

Preheat grill with lid closed for at least 5 minutes (use high heat setting if your grill has temp controls). Place marinated chicken breasts in your Foreman Grill and grill for approximately 3-5 minutes. Make sure chicken is cooked through (NO pink in the middle).

**Log**

**2020/08/24 – Cooked chicken for 6 minutes**

## 3 Ways to Thaw Chicken

<https://www.youtube.com/watch?v=i0dbqXlUNL0>