



Super Simple Zesty Grilled Chicken

Marinate chicken breasts (overnight if possible) in any Italian dressing. We prefer a Zesty Italian.

Flatten chicken breasts in a plastic Ziploc.

Grill 3-5 minutes each side.

***If it's raining out I use my grill press. Mine is Pamp Chef, but you can get them at Kohls, Target etc.**

Heat the pan & the press over med heat first to get a nice sear.

I pack 4 oz of grilled sliced chicken in a Romain lettuce leaf with cold packs. A typical lunch includes the chicken, the lettuce leaf, an apple and/or strawberries, and a bag of ¼ cup unsalted mixed nuts. (raw almonds, walnuts, macadamias, cashews)