

## *Chicken Marinade*

- 1/2 c. soy sauce, low sodium
- 1/4 c. olive oil
- 1/4 c. red wine vinegar
- 1 t. oregano
- 1/2 t. sweet basil
- 1/2 t. garlic powder w/ parsley
- 1/4 t. pepper

Combine all ingredients; pour over chicken pieces in a non-metal dish. Cover and refrigerate overnight, turning occasionally. Use marinade to baste chicken while cooking. I usually mix marinade in a Pyrex measuring cup. I put rinsed chicken in a zip loc bag and pour marinade over it. I usually add 4 large sprigs of fresh basil, fresh oregano, and fresh parsley – if I have it. You should adjust the amount of dry spices you add to the bag if you add fresh. These are great on the grill or on top of a green salad.

### Mike's Favorite

1/3 c. Low sodium soy sauce

2T. olive or corn oil

2T. red wine vinegar

1/2 t. oregano

1/4 t. garlic powder

For whole chicken breasts bake 350° for 45 minutes or until internal temperature is 180°