

# Apple Cider Vinegar Chicken

## INGREDIENTS

- 2 large chicken breasts
- ¼ cup apple cider vinegar
- 2 tbsp Italian Seasoning
- 2 tbsp olive oil
- ½ tsp ground sea salt
- ½ tsp ground pepper
- ½ tsp dried parsley

## INSTRUCTIONS

1. Poke the chicken all over with the tines of a fork.
2. Whisk together the vinegar, Italian seasoning, olive oil, salt, pepper, and parsley together in a small bowl.
3. Pour the mixture over the chicken, and marinate in the refrigerator for 30 minutes.
4. Heat a grill to medium-high heat.
5. Remove the chicken, and place on the grill. Discard marinade.
6. Cook for 7 minutes on one side. Flip and cook for an additional 5 minutes, or until the chicken registers 165 degrees with a meat thermometer.

## SERVING SIZE

Recipe makes 2 servings.

## FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

