

Summer Grilling Marinades | June 2008 | CCM Staff

*Unlike most marinades, this one uses no olive oil, keeping the low-fat chicken breast low in calories and big in flavor.
Enough for 6 boneless, skinless chicken breasts.*

Ginger-Herb Chicken Marinade

*½ c fresh lemon juice
½ c fresh orange juice
2 cloves garlic, minced
2 Tbsp finely chopped green onions
(green and white parts)
2 Tbsp grated fresh ginger
1 Tbsp fresh rosemary
1 Tbsp chopped fresh rosemary
1 Tbsp chopped fresh thyme
1 Tbsp chopped fresh tarragon
Grated zest of 1 lemon
½ tsp salt
½ tsp pepper*

Add marinade ingredients to a resealable plastic bag and shake to combine. Add the chicken to the bag and toss to coat, then refrigerate for 2 – 3 hours. Before grilling, remove the chicken from the marinade; pat dry with a paper towel; and season with salt and pepper. Reserve marinade to use for basting.