

Balsamic and Herb Chicken Marinade

Recipe By Rivky Kleiman



Cooking and Prep:  1
h 15 m

Serves:  6

No Allergens

Preference: Meat

Difficulty: Easy

Diet: Low Carb, Sugar Free

Source: Family Table by

Mishpacha Magazine

Simple, yet positively scrumptious. I find myself using this marinade time and time again for a barbeque, sliced into a chicken salad, or even tossed with vegetables for roasting or grilling. Recipe by Rivky Kleiman.

Ingredients (5)

Chicken

1 and 1/2 pounds (680 grams) chicken cutlets (6 cutlets)

Marinade

1/3 cup Gefen Olive Oil

1/3 cup Bartenura Balsamic Vinegar

1 packet Italian salad dressing mix (I use Four Seasons brand)

2 tablespoons parsley flakes (optional)

Start Cooking

Prepare the Chicken

1. Place marinade ingredients in a large resealable plastic bag. Mix well.
2. Add chicken cutlets. Allow to marinate on the counter for one hour or overnight in the refrigerator.
3. Spray grill with cooking spray or smear the grates with a paper towel moistened with oil. Heat grill to high.
4. Remove chicken from marinade and grill two or three minutes per side. Remove to platter and serve.

Note:

If you prefer, you can bake the cutlets at 375 degrees Fahrenheit (190 degrees Celsius) for 30 minutes.

Tip:

This marinade is also fabulous for grilled vegetables, which can be spread on a parchment-lined baking sheet or a 9-x 13-inch baking pan and then grilled or baked. You can also defrost a bag of frozen broccoli and marinate it, and then bake or grill for 20 minutes, turning occasionally.

Credits

Photography: Daniel Lailah.

Food Styling: Amit Farber.