



Dump-into-a-Bag Chicken

Freezer instructions for all recipes

Place all ingredients into a 1 gallon freezer bag, along with 4 boneless, skinless chicken breasts. Make sure marinade is covering chicken evenly. Lay flat in freezer until frozen, and then stack as desired.

Serving instructions for all recipes

Thaw completely in fridge. Grill or bake at 350° until internal temperature of the chicken reaches 165°. Marinades high in sugar should probably be baked covered with foil to avoid burning. Remove cover toward the end of baking so sauce can thicken. If grilling, create a sauce from the remaining marinade by placing it in a pan and bringing it to a boil. Let boil for 5 full minutes to cook chicken juices.

Chili Maple Glazed Chicken

2 tablespoons water
1 teaspoon salt
1 ½ tablespoons maple syrup
1 tablespoon chili powder

Honey Glazed Chicken

¼ cup butter, melted
2 tablespoons soy sauce
½ cup honey

Spicy Sweet Chicken

2 teaspoons minced garlic
2/3 cup apricot preserves
1/3 cup soy sauce
1/3 cup ketchup
1 teaspoon Tabasco

Sweet & Sour Chicken

¼ cup + 2 tablespoons honey
¼ cup + 2 tablespoons sherry vinegar
2 tablespoons soy sauce
2 teaspoons minced ginger
4 cloves crushed garlic

Apricot Balsamic Glazed Chicken

¼ cup apple juice or cider
¼ cup apricot preserves
¼ cup balsamic vinegar

