

Cristilynn's Chicken Marinade

Yield: 10 people

Juice from one lemon

Garlic, 3 cloves crushed

Grape seed oil (or Coconut oil)

Herbs

Fresh Rosemary

Chicken (30 ounces)

Directions: Place all ingredients in large bag or container with Chicken. Marinade overnight or for a few hours before cook time. Cook time: bake or grill until internal temperature reaches 165 F degrees. Top off with green onions for extra flavor.