



Makes: 1 & 1/4 cups
Prep Time: 5 minutes

FPK Chicken Marinade

Ingredients

- 1/2 cup Italian dressing (I prefer Balsamic vinaigrette dressing)
- 1/4 cup brown sugar
- 1/4 cup soy sauce
- 1/3 cup white wine (red wine works very nicely with this recipe as well)
- 2 tbsp Ketchup
- 2 squirts Worcestershire sauce
- 1/4 tsp garlic powder
- 1 pound chicken pieces

Instructions

Mix all ingredients except chicken in a medium bowl. Add chicken and marinate for 1 hour (or up to 24 hours). Remove from marinade and reserve excess marinade. In a small saucepan, heat the reserved marinade and simmer for 5 minutes or until the sauce starts to thicken.

Cook's Note:

I like to grill the chicken over a medium heat. Each type of piece will take a different amount of time (a boneless breast should take about 15-17 minutes, boneless thighs about 10-12 minutes). To bake, use a 350°F oven, and adjust the time based on the type of chicken pieces you enjoy. I would start testing the chicken for doneness around 20 minutes.