

Chicken Marinade

Yield: 1 quart (enough for 6-9 lb chicken breasts or thighs)

After marinating, chicken can be sautéed, roasted, grilled or broiled.

Ingredients	Measure	Nutrition per Tbsp	
Water	1 quart	Calories	15
Med-Diet [®] Low Sodium Bar-B-Q Sauce Mix	2 oz (2/3 cup)	Total Fat g	1
Med-Diet [®] Low Sodium Chicken Soup Base	2 oz (1/3 cup)	Saturated Fat g	0
Top Kick [™] Low Sodium All Purpose Seasoning	1/3 cup	Cholesterol mg	0
Olive oil	2½ oz (1/3 cup)	Sodium mg	35
		Carbohydrate g	2
		Fiber g	0
		Sugar g	1
		Protein g	0

Preparation

1. In large, shallow container, whisk together water, bar-b-q sauce mix, soup base, all purpose seasoning and oil. Add chicken; turn to coat.
2. Cover; refrigerate chicken at least 1 hour to marinate.
3. Remove chicken from marinade; discard marinade. Cook chicken as desired until internal temperature is 165°F.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet [®] Low Sodium Bar-B-Q Sauce Mix	6 – 20 oz	3 gal	2279321
Med-Diet [®] Low Sodium Chicken Soup Base	6 – 16 oz	37.5 gal	2192508
Top Kick [™] Low Sodium All Purpose Seasoning	12 – 5 oz	1704	8631594