



## CHILI MAPLE GLAZED CHICKEN MARINADE

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EACH BATCH MAKES ENOUGH MARINADE FOR 2 POUNDS OF BONELESS, SKINLESS CHICKEN.

INGREDIENTS	X1	X2	X3	X4
Water or gluten free chicken stock	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Salt	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
Maple Syrup	1 1/2 tablespoons	3 tablespoon	4 1/2 tablespoons	6 tablespoons
Gluten free Chili Powder	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Chicken pieces	2 lbs boneless/ pounds bone-in	4 lbs boneless/ 6 lbs bone-in	6 lbs boneless/ 9 lbs bone-in	8 lbs boneless/ 12 lbs bone-in

Put enough ingredients for one batch of marinade in a gallon sized freezer bag. Close bag and mix marinade ingredients. Open bag and put in 2 pounds boneless, skinless chicken or 3 pounds bone-in chicken. Close bag and mix around until chicken is coated in marinade. Open bag and remove as much air as possible, seal, label and freeze.

**To thaw and cook:** Take the bag out of the freezer the night before, make sure the baggie is completely closed. Place the Bag on a shelf furthest from the freezer (It works best if the bag is laying flat, although this may not be the best option with a side-by-side fridge/freezer). Preheat the oven to 350 F. Empty the contents of the bag into a large baking dish and bake until the juices run clear (45-60 minutes for chicken pieces, or 20-30 minutes for chicken breasts).