



SPICY SWEET GLAZE CHICKEN MARINADE

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

INGREDIENTS	X1	X2	X3	X4
Minced garlic	2 teaspoons	4 teaspoon	2 tablespoons	8 teaspoons
Apricot preserves	2/3 cup	1 1/3 cups	2 cups	2 2/3 cups
Gluten free soy sauce	1/3 cup	2/3 cup	1 cup	1 1/3 cups
Gluten free ketchup	1/3 cup	2/3 cup	1 cup	1 1/3 cups
Gluten free hot pepper sauce	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons
Chicken pieces	2 lbs boneless, skinless/3 lbs bone-in espoon	4 lbs boneless, skinless/6 lbs bone-in	6 lbs boneless, skinless/9 lbs bone-in	8 lbs boneless, skinless/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).