



GARLIC DIJION CHICKEN

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

INGREDIENTS	X1	X2	X3	X4
Cloves Garlic, minced	2	4	6	8
Gluten free Dijion mustard	1/4 cup	1/2 cup	3/4 cup	1 cup
Lime Juice	2 tablespoons	1/4 cup	6 tablespoon	1/2 cup
Chicken pieces	2 lbs boneless skinless/3 lbs bone-in	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).