

# vinaigrette grilled chicken

## ingredients

6 organic boneless skinless chicken breasts

1/2 cup apple cider vinegar

1 cup olive oil

1 1/2 teaspoons capers

1 teaspoon dry mustard powder

2 teaspoons salt

2 teaspoons sugar

1 heaping tablespoon italian seasoning

2 cloves garlic

## directions

combine all ingredients (other than chicken) in a blender or submersion blender and mix until smooth. place raw chicken breasts in a gallon ziplock bag. pour marinade into the bag, seal, and toss chicken in the marinade. refrigerate overnight. before grilling, let chicken come to room temp. grill chicken 3 minutes on each side. remove from grill, cover with tinfoil, and let rest for 5 minutes before serving.