

Grilled Chicken

This is a really easy way to marinate chicken breast. And it is delicious...I always have it when we have a BBQ at home since many of our family and friends due to health issue rather have chicken instead of beef. I use lots and lots of garlic, lemon juice and seven up as well to tender the chicken breast which can be dry when grilled.

Ingredients:

7 chicken breasts

5 garlic cloves chopped

2 tablespoon olive oil

5 tablespoon lemon juice

$\frac{1}{2}$ cup of diet seven up

$\frac{1}{2}$ cup fresh Italian parsley finely chopped

Salt and pepper to taste



Method:

In a medium bowl, add all the ingredients and let it sit for 2 hours or overnight in the refrigerator.

Grill over medium heat. T

he leftover is great over a green salad or can be used for a



sandwich.

Curiosity Corner

Did you know that garlic is part of the onion family? Moreover, it has been suggested that garlic can prevent heart

disease

and cancer...but do not over eat garlic since is well known that can cause halitosis (bad breath).

Thank you for stopping by Simple Recipes and have a great week!