



## Recipes

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### Grilled Chicken

Serves 10

#### Ingredients:

- 2 Tbsp. Lemon Juice
- 6 Tbsp. Italian Salad Dressing
- 1 1/2 lbs. Chicken Breast or Chicken Tenders

#### Directions:

1. Whisk together the lemon juice and salad dressing to prepare marinade. Combine with chicken and let marinate overnight in refrigeration.
2. Grill or broil chicken until firm and juices run clear when pierced, about 8 minutes per side. Slice into strips.

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### Balsamic Glaze

Serves 1

#### Ingredients:

- 1/8 cup Fig Preserves
- 1/8 cup Balsamic Vinegar
- 1/8 tsp. Fresh Sage , minced
- 1/8 tsp. Black Pepper

#### Directions:

1. Combine all ingredients in a small saucepan. Stir well while bringing to a boil. Remove from heat and let cool.