



wish-bone marinated chicken 1-2-3

PREP TIME: 5 minutes
MAKES: 6 servings
MARINATE TIME: 30 minutes
COOK TIME: 12 minutes

WHAT YOU NEED

3/4 cup Wish-Bone® Italian Dressing
6 boneless, skinless chicken breast halves
(about 1-1/2 lbs.)

MAKE IT

1. Pour 1/2 cup Wish-Bone® Italian Dressing over chicken in large, shallow nonaluminum baking dish or plastic bag. Cover, or close bag, and marinate in refrigerator, turning occasionally, 30 minutes to 3 hours.

2. Remove chicken from marinade, discarding marinade. Grill or broil chicken, turning once and brushing frequently with remaining 1/4 cup Dressing, 12 minutes or until chicken is thoroughly cooked.

*Variations: Use 1 (2- to 2-1/2-lb.) T-Bone, boneless sirloin or top loin steak OR 2-1/2 to 3 lbs. chicken pieces OR 2-1/2 lbs. pork chops (about 1-in. thick).

Also terrific with Wish-Bone® Robusto Italian Dressing, Wish-Bone® House Italian Dressing, Wish-Bone® Light Italian Dressing, Wish-Bone® Fat Free! Italian Dressing, Wish-Bone® Balsamic Vinaigrette Dressing or Wish-Bone® Red Wine Vinaigrette Dressing.



Nutrition Information per serving:

Calories 180, Calories From Fat 70, Saturated Fat 1.5g, Trans Fat 0g, Total Fat 8g, Cholesterol 65mg, Sodium 250mg, Total Carbohydrate 2g, Sugars 2g, Dietary Fiber 0g, Protein 23g, Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 4%