

Grilled Citrus Chicken by Liz of Love Grows Wild

Ingredients

- ¼ cup orange juice
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- 1 teaspoon orange zest
- 1 teaspoon salt
- ½ teaspoon sugar
- ¼ teaspoon black pepper
- 1 lb. boneless skinless chicken breasts
- 3 cups rice, cooked
- 1 cup carrots, cut into matchsticks
- 1 cup sugar snap peas, cut in half
- ½ cup scallions, finely chopped

Instructions

1. In a medium bowl, whisk together orange juice, olive oil, lemon juice, vinegar, orange zest, salt, sugar, and pepper.
2. Place chicken in a zip-top bag and add 3 tablespoons of the citrus dressing. Seal bag and flip a few times to make sure the chicken is fully coated. Marinate in refrigerator for 2-4 hours.
3. Heat grill or grill pan to medium-high heat. Take chicken out of bag and dab any excess marinade on a paper towel. If the chicken is dripping with marinade when it goes on the grill, chances are it will burn. Grill chicken 7-8 minutes on each side or until chicken reaches 165° F. Remove from grill and slice thinly on the bias.
4. In a large bowl, combine rice, carrots, sugar snap peas, and scallions. Add 4 tablespoons of the citrus dressing and gently toss to combine.
5. Serve chicken over rice and drizzle with remaining dressing, if desired.